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ABSTRACT

Arranged in three sections, this pamphlet details the rules, officiating techniques, and official records for girls' and womens' competitive swimming and diving. Section 1 lists members of the national rules committee, major rule changes for 1983-84, and official rules for swimming and diving competition. Section 2 contains officiating tips, swimming and diving study questions (with an answer key for officials), and rule references. The final section lists championship results for the 1982-83 season and current records, and includes an application form for recording new records. (LP)

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NAGWS guide

National Association for Girls & Women in Sport

GWS

Competitive Swimming & Diving

AUGUST 1983–AUGUST 1984

Official Rules

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SP 022 545

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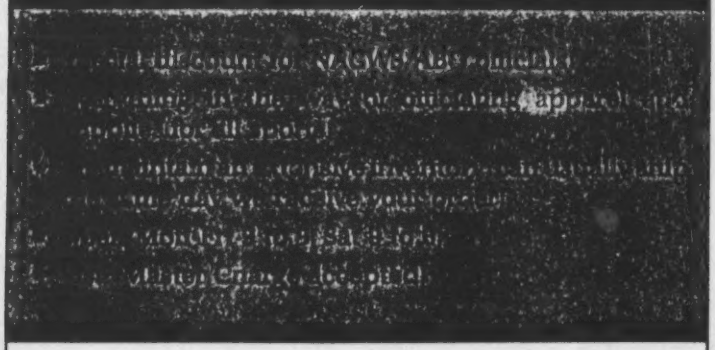

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Purposes of the American Alliance For Health, Physical Education, Recreation and Dance

The American Alliance is an educational organization, structured for the purposes of supporting, encouraging, and providing assistance to member groups and their personnel throughout the nation as they seek to initiate, develop, and conduct programs in health, leisure, and movement-related activities for the enrichment of human life.

Alliance objectives include:

1. Professional growth and development—to support, encourage, and provide guidance in the development and conduct of programs in health, leisure, and movement-related activities which are based on the needs, interests, and inherent capacities of the individual in today's society.

2. Communication—to facilitate public and professional understanding and appreciation of the importance and value of health, leisure, and movement-related activities as they contribute toward human well-being.

3. Research—to encourage and facilitate research which will enrich the depth and scope of health, leisure, and movement-related activities; and to disseminate the findings to the profession and other interested and concerned publics.

4. Standards and guidelines—to further the continuous development and evaluation of standards within the profession for personnel and programs in health, leisure, and movement-related activities.

5. Public affairs—to coordinate and administer a planned program of professional, public, and governmental relations that will improve education in areas of health, leisure, and movement-related activities.

6. To conduct such other activities as shall be approved by the Board of Governors and the Alliance Assembly, provided that the Alliance shall not engage in any activity which would be inconsistent with the status of an educational and charitable organization as defined in Section 501 (c) (3) of the Internal Revenue Code of 1954 or any successor provision thereto, and none of the said purposes shall at any time be deemed or construed to be purposes other than the public benefit purposes and objectives consistent with such educational and charitable status.

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Official Competitive Swimming and Diving Rules

1983-84

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*The 1983-84 Committee prepared the material in this *Guide.* Materials for the 1984-85 *Guide* will be prepared by the 1983-84 Committee.
**See Affiliated National Coaches Council (previous section) for details.

Summary of Major Rule Changes 1983-84

Rule 2.

SECTION 1. A. The word "erect" has been removed from the sentence instructing contestants how to stand on the starting block ready to assume a starting position. The sentence now reads: "Each contestant shall stand with both feet on the starting block in readiness to assume a starting position."

SECTION 1. E. 6. a. In interscholastic competition the two false start rule shall remain in effect.

b. In intercollegiate dual or triangular competition any swimmer charged with a false start shall be disqualified and shall not swim the event. In all championship meets however the two false start rule shall be in effect.

SECTION 1. E. 9. In collegiate dual or triangular competition if a swimmer has obtained an unfair advantage on the start the race should be allowed to continue with the swimmer who gained the advantage being charged with a false start and disqualified from the event.

SECTION 3. A. When automatic timing and/or judging equipment is being used during a meet contestants must touch the touch plate, the end of the pool, or intersect the vertical plane of the finish end of the pool to finish the event.

Rule 3.

SECTION 2. C. The divers with the top 24 scores shall qualify for the semi-finals.

SECTION 2. D. The divers with the 16 highest scores shall qualify for the finals.

SECTION 7. A note has been added instructing the referee that a diver's score shall not be reduced to below zero.

Rule 5.

SECTION 1. An intercollegiate mixed program may consist of a 1000 yard or 1650 yard freestyle.

SECTION 1. C. An intercollegiate long program may consist of a 1000 yard or a 1650 yard freestyle.

Rule 6.

SECTION 1. C. The women's 500 yard freestyle shall be held on the first day of a 3-day combined program.

The women's 1650 yard freestyle shall be held on the third day of a 3-day combined program.

Rule 8.

SECTION 3. C. In each event no more than two relays or three individual contestants from each team shall be eligible to place and score points.

Rule 9.

SECTION 4. A. 9. Any swimmer or relay team disqualified due to the false start rules shall not swim the event.

NAGWS Official Swimming and Diving Rules for Girls and Women

Note: Sections which have been reworded or clarified are designated by a check (✓). Changes and/or additions in rules have been indicated by underlining.

These rules and procedures are designed for the conduct of interscholastic and intercollegiate swimming and diving meets.

Swimming and Diving

Definition of Terms

Must and **Shall**—imply that the contents which follow are of a mandatory nature. There is absolutely no choice implied in these statements. *Examples:* The diving board *shall* be installed so that the board is level even when the fulcrum is moved to varying positions. A visual count *must* be given. In both examples, if the contingencies are not met, the requirements of the rules are not satisfied.

Should—implies a strong recommendation that the content which follows be adhered to. However, there is some latitude in the statement. *Example:* The lanes *should* be a minimum of 7 feet wide. Here, it is strongly recommended that a 7-foot lane width be met but if it is not, the facility would be within the rules.

May—implies that the content which follows is a matter of choice. *Example:* Goggles *may* be worn. In this case, the swimmer chooses whether or not to wear goggles.

Rule 1. Pool Facilities and Equipment

SECTION 1. Specifications and Equipment for Swimming Events

A. Pool Specifications

1. The pool shall be a minimum of 75 feet long when measured from the inside end wall to the touchplate.
2. The lanes should be a minimum of 7 feet wide.
3. The depth should be a minimum of 3½ feet.
4. The end walls shall be parallel and vertical planes and should be finished with a non-slip surface. There shall be no protrusions (including underwater backstroke starting blocks, light fixtures, underwater windows or inlets) on the end walls within 3½ feet of the surface.
5. Individual lines at least 12 inches wide should mark the center of each lane on the bottom and end walls of the pool. Lines on the

bottom should terminate 5 feet from each end of the pool in a "T" at least 36 inches long and 12 inches wide. Crosses should mark the end walls. (See Diagram 1.)

6. The lanes should be clearly numbered from right to left as the swimmer stands facing the course.
7. The water temperature should be between 79 and 81 degrees Fahrenheit for competition. The air temperature at deck level should not be lower than 72 degrees Fahrenheit in indoor facilities. It is recommended that in separate diving pools the water should be between 82 and 86 degrees Fahrenheit for competition. Special consideration should also be given to heating and ventilation for the comfort of spectators as well as competitors.
8. The level of the water should be at the overflow rim of the pool.

B. Equipment Specifications

1. Starting platforms should be provided and are required for championship meets. The top of the platform should be at least 20 inches by 20 inches and must not exceed 30 inches in height above the water surface at the front edge. The tops may be flat or sloped toward the pool and shall be covered with a non-skid material. The slope shall not exceed 10 degrees from horizontal.
2. The starting platform shall be equipped with firm starting grips for backstroke starts. The grips must be flush with the end of the pool and may not exceed 30 inches above the surface of the water.
3. The hosting school shall provide backstroke flag lines to be stretched across the racing lanes 15 feet from both ends of the pool and approximately 7 feet above the surface of the water. A minimum of 3 triangular pennants, 6 to 12 inches wide and 12 to 18 inches in length of contrasting colors must be suspended over each lane. Failure to comply with this rule shall result in disqualification of the hosting competitors in any event where backstroke is swum.
4. Provision should be made to anchor lane lines at the competitive water level in permanent recessed receptacles. Tightly stretched, easily visible floating lane markers, with floats joining to form a continuous cylinder marking the lateral limits of each lane, must be provided for all meets. The color of the floats for 15 feet (in 25 yard pools) from each end shall be distinct from the rest of the floats.

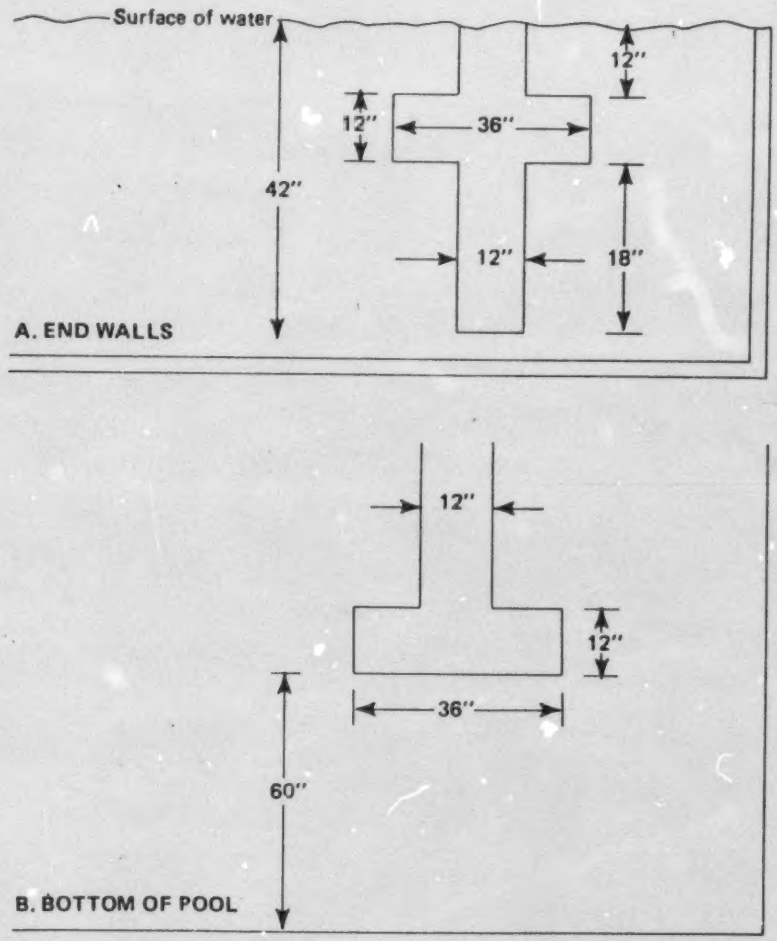
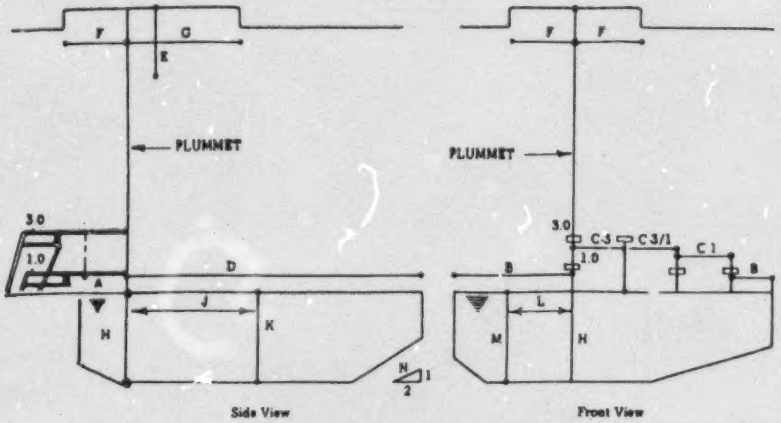


Diagram 1. Lane markings.



RECOMMENDED DIVING FACILITY DIMENSIONS		1-METER SPRINGB'D 16'x1'-8"		3-METER SPRINGB'D 16'x1'-8"	
		Dist.	Depth	Dist.	Depth
A	From Plummet: Back to Pool Wall	A-1 6'		A-3 6'	
B	From Plummet To Pool Wall at Side	B-1 8'		B-3 12'	
C	From Plummet To Adjacent Plummet	C-1 8'		C-3 8'	C-3/1 8'
D	From Plummet to Pool Wall Ahead	D-1 29'		D-3 34'	
E	Plummet, from Board to Ceiling Overhead	E-1 16'		E-3 16'	
F E	Clear Overhead, Behind and Each Side of Plummet	F-1 8'	E-1 16'	F-3 8'	E-3 16'
G	Clear Overhead, Ahead of Plummet	G-1 16'	E-1 16'	G-3 16'	E-3 16'
H	Depth of Water at Plummet		H-1 12'		H-3 12'
J-K	Distance, and Depth of Water, Ahead of Plummet	J-1 20'	K-1 10'9"	J-3 20'	K-3 11'9"
L-M	Distance, and Depth of Water, Each Side of Plummet	L-1 8'	M-1 10'9"	L-3 10'	M-3 11'9"
N	Maximum Ratio, Vertical to Horizontal, of Slope to Reduce Depth: 1:2	1:2		1:2	

Diagram 2.

5. A recall rope shall be dropped across the racing lanes in case of a false start. The rope shall be approximately 36 feet from the blocks and suspended at least 4 feet above the water at its lowest point.
6. Visual counters shall be provided by the hosting school. The counters shall be used within the lateral limits of each lane at the opposite end of the pool from the start. The counters shall have digits 12 inches tall which shall be black on a white background. Each set of counters shall be equipped with one indicator of solid fluorescent orange color, with or without a number, to indicate the final length of each distance event. Failure to supply counters shall result in disqualification of the hosting competitors in events where counters are required.
7. Automatic and/or semi-automatic judging and timing devices may be used.

SECTION 2. Specifications and Equipment for Diving Events

A. Pool Specifications (See Diagram 2.)
1. The water should be at least 11 feet beneath both the 1-meter and 3-meter boards. When existing water depth is less than 11 feet beneath the 1-meter board and 12 feet beneath the 3-meter board, the event(s) may be conducted by prior mutual consent of the competing teams. Failure to reach mutual consent will result in the elimination of the event(s). No points will be awarded and a 15-minute intermission will be substituted for each diving event.
2. Clearance from the side of the boards to the edge of the pool should be at least 8 feet for a 1-meter board and at least 12 feet for a 3-meter board. The distance between the boards should be at least 8 feet.
3. A water agitating device is recommended; however, another diver or teammate may agitate the water before and during the diver's performance.

B. Equipment Specifications (See Diagram 2.)
1. The diving boards shall be 1 meter and 3 meters above the water level at the tip end.
2. Guard rails shall be provided for 3 meter equipment. In all cases guard rails shall extend over the water's edge.
3. The diving board shall be installed so that the board is level even when the fulcrum is moved to varying positions.

4. Each board should be 16 feet long by 20 inches wide with the upper surface of non-skid material.
5. The front end of the board should project at least 6 feet beyond the end of the pool.
6. The fulcrum of the diving board should be easily adjustable by the competitor between dives. The fulcrum must move through its entire range as designed by the manufacturer.
7. If the diving equipment breaks or it is unusable *before a dual or triangular meet begins,* the home team must provide alternate equipment or the visiting team(s) shall be awarded the maximum points possible for each diving event which cannot be conducted as previously contracted, e.g., college dual-8, college triangular–10, etc. No points shall be awarded to the home team. If the equipment failure occurs *during the event,* the visiting team(s) shall be awarded only the maximum number of points their actual entries could score. The home team shall be awarded the remaining number of points their actual entries could score.

SECTION 3. Variations in Pools and Equipment

A. When existing facilities or equipment are such that they do not meet the standards prescribed by the rules, meets may be conducted by prior mutual consent of the competing teams. Failure to reach mutual consent will result in the disqualification of the hosting school from the event(s) involved (exception Rule 1, Sect. 2A1).
B. It is recommended that existing facilities be modified to meet pool specifications.
C. The design of new facilities shall conform to pool specifications.

Rule 2. Description of Swimming Strokes, Events, and Infractions

SECTION 1. Starts

A. The forward start shall be used in all swimming races with the exception of the backstroke events and the first leg of the medley relay. Each contestant shall stand with both feet on the starting block in readiness to assume a starting position. Upon the command, "Take your mark," the swimmer shall assume any desired position. Should the swimmers so desire they may start from a push-off but that request must be made before the command "Take your mark." The push-off starting position shall be in the water, motionless, with at least 1 hand in contact with the end of the pool.

When the starter sees that the contestants are completely motionless, the race shall be started with a pistol shot and/or electronic starting device.

B. Backstroke start shall be used for all backstroke events and the first leg of the medley relay. In the backstroke start, each contestant shall line up facing the starting block. Both hands may grasp the starting block or the end of the pool as preferred by the contestant. The feet shall be placed on the end wall. Upon the command, "Take your mark," the swimmer may assume any desired starting position as long as the hands are on the starting block or the pool end and the feet are in contact with the end of the pool and neither foot is removed completely from the water. When the starter sees that the swimmers are completely motionless, the race shall be started with a pistol shot and/or electronic starting device.
C. In relays, the lead-off swimmer shall start with a pistol shot and/or electronic starting device. Each succeeding teammate shall assume the forward starting position. The succeeding teammate may be in motion, but at least one foot must be in contact with the starting mark when the preceding swimmer finishes.
D. The command from the starter to "Stand up" shall allow the contestant in the forward start position to stand up or step off the block. In the backstroke, the swimmers shall be relieved from the starting position but must remain in the starting area.
E. Start infractions
   1. Any contestant responsible for an unnecessary delay after the referee's whistle shall be charged with a false start.
   2. All swimmers who delay in assuming a motionless position or who never assume a motionless position shall be charged with a false start by the referee or the starter.
   3. All swimmers who leave their marks before the starting sound shall be charged with a false start. All other swimmers must be released immediately by the starter with the command "Stand up."
   4. All swimmers who enter the water after the command "Stand up" shall be charged with a false start.
   5. Backstroke swimmers who remove either foot from the wall or the water or their hands from the grip or end of the pool shall be charged with a false start.
   6. a. In interscholastic competition any swimmer charged with two

false starts shall be disqualified and shall not swim the event.

b. In intercollegiate dual or triangular competition any swimmer charged with a false start shall be disqualified and shall not swim the event. (In all championship meets the two false start rule will be in effect.

7. If a swimmer leaves the starting block before the previous swimmer of the relay team finishes, the relay team shall be disqualified.
8. An accidental shot shall be no start and no contestant shall be charged with a false start.
9. In collegiate dual or triangular competition, if a swimmer has obtained an unfair advantage on the start, the race should be allowed to continue with the swimmer who gained the advantage being charged with a false start and disqualified from the event.

SECTION 2. Swimming Events

A. Breaststroke
1. The body shall be kept perfectly on the breast and both shoulders shall be in line with the water surface from the beginning of the first armstroke after the start and after each turn.
2. Both hands shall be extended forward simultaneously on or under the surface of the water and pulled back simultaneously.
3. A part of the head must always be above the normal, flat surface of the water, except after the start and after each turn the swimmer may take one arm stroke and one leg kick while wholly submerged. The instant the hands or legs leave the extended position, a new stroke shall have been started. A wave passing over the head shall not constitute a violation.
4. The feet shall be drawn up simultaneously, with the knees bent and toes turned outward. After the catch, the movement shall continue with a rounded outward sweep of the feet, bringing the legs to full extension behind the body. Up and down movements of the legs in the vertical plane shall be prohibited. Breaking the surface with the feet shall not merit disqualification. All movements of the legs and feet shall be simultaneous and in the same horizontal plane: no sidestroke (scissor kick) or dolphin movement shall be permitted.
5. When touching at each turn, the touch shall be made with both hands simultaneously. It is permissible on a turn to drop a

shoulder after the final arm pull and prior to the touch. Once each legal touch has been made, the swimmer may turn in any manner desired. The prescribed form must be attained from the beginning of the first arm stroke. Propulsive movements with the legs as determined by flexion and extension at the knees in the vertical plan are prohibited either before or after the underwater pull. On the finish the touch must be made with both hands simultaneously. A legal touch may be made at, above, or below the surface of the water. It is permissible, after the final arm pull prior to a turn or finish for the head to be lowered below the water level of the pool. This would also apply to the breaststroke leg of the medley relay and the breaststroke in the individual medley.

B. Butterfly
1. After the start and each subsequent turn the swimmers shall be permitted 1 or more leg kicks.
2. Once an armstroke is started, both arms shall be brought backward underwater simultaneously and subsequently be recovered forward over the water simultaneously.
3. The body shall be kept perfectly on the breast, with both shoulders in the horizontal plane.
4. All up-and-down movements of both legs and feet shall be made simultaneously using a dolphin kick. The relative position of the legs and feet shall not change. No scissor or breaststroke kicking movements shall be used.
5. When touching at each turn the touch shall be made with both hands simultaneously. It is permissible on a turn to drop a shoulder after the final arm pull and prior to the touch. Once a legal touch has been made, the swimmer may turn in any manner desired, but the prescribed form must be attained from the beginning of the first arm stroke. On the finish, the touch shall be made with both hands simultaneously. This would also apply to the butterfly leg of the medley relay as well as to the butterfly in the individual medley.

C. Backstroke
1. The swimmers shall push off on their backs and continue swimming on their backs throughout the race.
2. A head, hand or arm touch shall be required for each turn.
3. The shoulders must not turn over beyond the vertical toward the breast before touching the end of the pool for the purpose of

turning or for the finish. It shall be permissible to turn over beyond the vertical after the touch for the sole purpose of executing the turn, but the swimmer's shoulders must have returned past the vertical towards a position on the back before the feet have left the wall.

D. Freestyle
   1. In a freestyle event, any style or combination of styles may be used.
   2. The turn shall be legal if any part of her body touches the end of the pool.
   3. If no touch is made at the turn or finish a contestant shall be disqualified.

E. Individual Medley
   1. The swimmer shall swim the prescribed distance in the following order: the first ¼ butterfly; the second ¼ backstroke; the third ¼ breaststroke; the last ¼ any stroke other than the three already mentioned.
   2. A swimmer must adhere to the turn and finish rule governing each stroke when applicable.
   3. Violation of any part of the applicable swimming rules shall result in disqualification.

F. Relays
   1. In the Freestyle Relays there shall be 4 competitors on each team. Each competitor shall swim ¼ of the prescribed distance continuously using any desired stroke or combination of strokes.
   2. In the Medley Relay there shall be 4 competitors on each team. Each shall swim ¼ of the prescribed distance continuously in the following order: first, backstroke; second, breaststroke; third, butterfly; and fourth, any stroke other than those already mentioned. Rules pertaining to each stroke used shall govern where applicable.
   3. No swimmer shall swim more than one distance of any relay. Violation shall result in disqualification.
   4. During an event no swimmer shall cross a lane in use to exit the pool.

SECTION 3. Finish

A. In all swimming races, each swimmer shall have finished her race when she has covered the prescribed distance and any part of her body touches the wall, or intersects the vertical plane at the end of

the pool. If automatic timing and/or judging equipment is used, each swimmer must touch the touchplate, the end of the pool or intersect the vertical plane of the finish end.

B. In the backstroke, breaststroke, and butterfly, the swimmer shall comply with the finish requirements for the stroke as defined under the rules for that stroke or be disqualified.

C. Violations of any of the above provisions shall result in disqualification.

SECTION 4. Lap Counting

A. A visual count must be given. Each competitor must provide her own counting personnel, not to exceed one.

B. The counting must begin at the start of the race and continue until the end of the 500, 1000, or 1650 yard freestyle event.

C. Count shall be given in ascending order. Visual count may be supplemented with a verbal count.

D. Visual counters are to be used within the lateral limits of each lane at the opposite end of the pool from the start (above or below water).

E. The lap-counter changes the visual counter as the competitor makes each turn at the starting end.

F. Violations of any of the provisions in Section 4 may result in disqualification.

SECTION 5. General Regulations

A. Each swimmer shall report promptly as directed, and shall swim in the heat and lane assigned.

B. The race shall be considered to have begun when the starter announces "Take your mark."

C. The race shall be considered to have ended when the last competitor has swum the required distance and has touched the touchpad, the end wall, or intersected the vertical plane of the finish end.

Note: It is no longer required that the swimmer touch the touchpad when automatic timing is used. Refer to Rule 9, Sect. 5A, 2c-5 "Figuring System Errors"

D. No substitution may be made for a contestant for false starts or in an event in which a disqualification occurs (*exception:* Sect. 6A).

E. A swimmer shall be considered to have participated in any event from which she has been disqualified for any rule violation.

SECTION 6. Infractions

A. If a swimmer is not in the starting area when the referee begins to

deliver the instructions for the race, she shall be disqualified and shall not swim in that event. When this occurs in a consolation-final, the referee shall attempt to fill the event with the next available qualified competitor and the event shall be reseeded. The meet shall not be delayed more than five minutes.

B. The lead-off swimmer shall not be interchanged with any teammate after the referee initially calls the swimmers to the block.

C. If after leaving the water at the end of the race, a swimmer re-enters the water without the approval of the swimming referee, she must be disqualified from that event.

D. Any swimmer who enters the water before her event without the permission of the referee or the starter must be charged with a false start.

E. If during the event a team representative who is not a participant in that event enters the water, she shall be disqualified from the remainder of a dual or triangular meet. In a championship meet she will be disqualified from her next individual event. If this infraction occurs during the final relay of the meet that school's higher placing relay team will be disqualified from the event.

F. Pushing off the bottom or side of the pool or using the lane markers to gain additional momentum shall disqualify the swimmer. A swimmer may rest on the side or bottom of the pool without moving toward the finish line.

G. A swimmer who touches another swimmer or impedes another's progress shall be disqualified from that event. Should the interference endanger the success of the swimmer fouled, that swimmer shall be allowed to reswim the event within 45 minutes of her last event. She may reswim either alone or in a succeeding heat of the event in which she was fouled. Should the foul occur in a final event, that event may be reswum.

H. A swimmer shall be disqualified by the referee for violation of any provision in Rule 2, Sect. 2.

I. An act of unsporting conduct will be considered for disciplinary action by the referee or meet committee.

Rule 3. Diving

SECTION 1. Pool Dimensions and Equipment

Refer to Rule 1, Sections 1 and 2 for description of pool specifications and equipment specifications for diving.

SECTION 2. Description of Events

A. Intercollegiate

1. Dual and Triangular Meets

a. In Dual and Triangular Meet competition there shall be finals only. The competition shall consist of 6 dives, each a different number. There shall be 1 required dive, which shall be done first, and 5 optional dives. At least 30 minutes before the meet begins, a separate drawing for the required dives shall be conducted in the presence of divers for both the 1 meter and 3 meter events from dives numbered 101, 201, 301, 401, and 5111. The drawing for the required dive for the 3 meter event must not include the required dive drawn for the 1 meter event. After the draw any of the required dives not drawn for that event may be included in the list of optional dives. The optional dives must be selected to include 1 dive from each of the 5 groups, and may be performed in any order.

b. When 3 meter diving must be eliminated because:

(1) either school does not have the standard equipment.

(2) of insufficient water depth at the hosting school (Rule 1, Sect. 2A1), the first diving event shall be a 1 meter contest consisting of the 5 required dives for each contestant. The second diving event will become a 1 meter contest consisting of 6 optional dives. The optional dives must be selected to include at least 1 dive from each of the 5 groups and may be performed in any order. None of the required dives may be used in the second 1 meter event. Each diving event is scored separately.

2. Championship Meets (Intercollegiate)

a. In championship meets the diving competition from both the 1 and 3 meter boards shall consist of the 5 required dives (Nos. 101, 201, 301, 401, and 5111) and 6 optional dives. The list of optional dives must include at least 1 dive from each of the 5 groups.

b. Preliminaries

(1) When there are 40 divers or less, each diver shall perform any 2 required dives and 3 optional dives. The 3 optional dives shall be from different groups. These 5 dives may be performed in any order.

(2) When there are more than 40 divers there shall be a cut to 32 divers after the first 3 rounds of diving.

c. Semifinals

✓(1) After the preliminary round, the divers with the 24 highest scores shall qualify for the semifinals.

(2) The semifinals should start after the semifinalists have been announced or as described in the meet information.

(3) When the semifinals are held immediately after the prelims, there shall be no bouncing of the board or practice dives prior to the start of the semifinals.

✓(4) In the semifinal round, the 24 qualifiers shall each perform two more required dives and one optional dive from a group not represented by the optionals in the preliminary round of diving.

✓d. Finals

(1) After the semifinal round, the divers with the 16 highest scores shall qualify for the finals.

(2) Each of the 16 finalists shall perform her remaining dives (1 required and 2 optionals).

e. The order of finish shall be determined by the cumulative scores after the performance of 11 dives of different numbers.

✓f. If no more than 24 divers are entered in the contest, all divers shall perform both preliminary and semifinal dives.

g. In the event that a diver has qualified for the semifinals or finals and then is injured or ill at the beginning of these rounds and is unable to participate in the session for which she has qualified, the next highest placing diver who is available shall be permitted to dive in the semifinals or finals.

h. The above system shall be used when 12 places are scored in the other events on the program. When 16 place scoring is used, 24 divers shall dive in the semifinals and 16 in the finals.

3. Other Meets

In other diving competition, i.e., Quadrangular Meets, Invitational Meets, or diving relays, variations from the above procedures are permissible but must be included in the meet information.

B. Interscholastic

1. Dual and Triangular Meets

In Dual and Triangular Meet competition there shall be finals only. The competition shall consist of 6 dives, each a different number. There shall be one required dive, which shall be done first, and 5 optional dives. At least 30 minutes before the meet begins, a drawing for the required dive shall be conducted in the presence of the divers from dives numbered 101, 201, 301, 401, and 5111. After the draw, any of the required dives not drawn may be included in the list of optional dives. The 5 optional dives must include at least 4 of the 5 groups.

2. Championship Meets (Interscholastic)

a. The competition shall consist of preliminaries, semifinals and finals.

b. Preliminaries

(1) When there are 40 divers or less, each will perform any 2 required dives and 3 optional dives. The 3 optional dives shall be from different groups. These 5 dives may be performed in any order.

(2) When there are more than 40 divers there shall be a cut to 32 divers after the first 3 rounds of diving.

c. Semifinals

(1) After the preliminary round, the divers with the 16 highest scores shall qualify for the semifinals.

(2) The semifinals should start after the semifinalists have been announced or as described in the meet information.

(3) When the semifinals are held immediately after the prelims, there shall be no bouncing of the board or practice dives prior to the start of the semifinals.

(4) In the semifinal round, the 16 qualifiers shall each perform the remaining 3 required dives and 2 optional dives from groups not represented by the optionals in the preliminary round of diving.

d. Finals

(1) After the semifinal round, the divers with the 12 highest scores shall qualify for the finals.

(2) Each of the 12 finalists shall perform 5 dives from different groups. These dives may be the same or different than those performed in the preliminaries or semifinals.

e. The order of finish shall be determined by adding ½ of the point total at the completion of the semifinals to the points scored in the finals.
f. If no more than 16 divers are entered in the contest, all divers shall perform both preliminary and semifinal dives.
g. In the event that a diver has qualified for the semifinals or finals and then is injured or ill at the beginning of these rounds and is unable to participate in the session for which she has qualified, the next highest placing diver who is available shall be permitted to dive in the semi-finals or finals.
h. The above system shall be used when 12 places are scored in the other events on the program. When 16 place scoring is used, 24 divers shall dive in the semifinals and 16 in the finals.

SECTION 3. Diving Contestants
The number of team entries in diving competition shall be the same as for the swimming events for that meet.

SECTION 4. Conduct of Diving Events
A. Official Entry
1. Entry into diving events shall be the same as for swimming events, except that failure to submit an entry card shall not result in disqualification of the divers provided their diving sheets have been submitted.
2. Once officially entered, a diver must dive in all preliminary, semi-final and final rounds for which she qualifies. Failure to compete for any reason, except illness or injury certified by the designated health official, shall prohibit any further competition in the meet.
3. All entry blanks and meet information shall specify the method for entering, the time for submitting diving lists, the type of boards to be used in the meet, the type of fulcrum and the water depth.
4. For further details of making official entry, refer to Rule 4, Sect. 4, Rule 6, Sect. 2 and Rule 7, Sect. 2.

B. List of Dives
1. Each contestant shall submit a complete list of the required number of dives by the deadline. This list of dives must be signed by the competitor and shall include a written description of the dives, the positions, the degrees of difficulty and the order in

which the dives are to be performed. Each competitor shall be responsible for the correctness of these items, except that an error in the degree of difficulty will not be the basis for a failed dive.
2. In championship meets, if the diver has not been officially scratched and fails to deposit her sheet in the diving box by the deadline, she will not be disqualified from the contest. The diver's sheet will be accepted up to one hour prior to the start of the contest and that diver will be placed at the beginning of the diving order.
3. In meets which have no deadline, the diving list may be delivered any time before the meet begins or as specified.
4. Each diver must execute the dive as written, with the exception of position (Rule 3, Sect. 7D2c), or have that dive declared failed. If the diver does the properly listed dive on the diving scoresheet rather than the dive announced, the dive performed shall be judged without prejudice. If the diver executes a dive as announced and it is determined that the announcer was in error, then the diver will be permitted to perform the correct dive immediately. However, the diver may elect to keep the scores for the incorrectly announced dive, with the referee making an immediate correction in the order of dives.
5. If a dive is listed out of order and the error is discovered prior to the execution of the dive, the referee will instruct the recorder to correct the order of the listed dives as directed by the diver. If the error is discovered after the execution of the "out-of-order" dive, the dive which should have been performed shall be declared failed. The performed dive shall be listed in its proper place on the diving list as directed by the diver, must be performed a second time, and shall be judged and scored at its proper time.
6. If a diver makes an error in the number, description or position of any dive, then that one error shall be corrected if discovered and protested by the diver before executing the dive. In such cases, the diver shall perform the dive as corrected. If the error is not discovered and protested by the diver before the execution, the dive performed shall be judged as the dive described, with penalties for improper position and incorrect dives to be made as provided in the rules.

7. A diver may change any dive or position up to 1 hour prior to the start of each championship diving session (event). The meet information should specify the place where divers can report to make such changes.
8. Only those dives listed in the Diving Tables shall be listed on the diving form.
9. No required dive shall be repeated as an optional dive. All dives of the same number, whether straight, pike, tuck or free shall be considered the same dive.

C. Order of Diving
1. In the championship and group meets, the order of diving shall be drawn by lot.
2. Semifinalists shall dive in the same relative positions that prevailed in the preliminaries.
3. There shall be a redraw for the diving order for the finalists.
4. There shall be only 1 flight of diving in the preliminaries, semifinals or finals.
5. In dual meets, any exhibition divers must dive first.
6. The visiting team shall have the choice of alternate position either (1, 3, 5 or 2, 4, 6). If the visiting team has only one or two divers, these contestants have the choice of any of the visitor's positions in the diving order. If the home team has only one or two divers, these contestants have the choice of any of the home team's positions in the diving order. When there are two diving events, the visiting team shall have their choice of the alternate positions (1, 3, 5 or 2, 4, 6) in their choice of the diving events. The home team shall have their choice in the other event.

D. Practice
1. All practice diving must be completed prior to the start of the swimming meet, except that in facilities with separate diving wells, diving practice may continue during the swimming events.
2. The divers shall be allowed at least 1 practice forward approach and 1 back takeoff approach prior to the start of the diving competition. The diving referee may also allow a water entry.

E. Assistance
1. All dives must be performed by the divers themselves, without assistance from any other person, except for the purpose of water agitation. A violation of the rules must result in the diving referee declaring a failed dive.
2. Assistance between dives shall be permitted.

SECTION 5. Scoring

The scoring of place values for diving events shall be the same as for the individual swimming events in that meet.

SECTION 6. Description of Diving

A. Starting Position
1. All dives with a forward take-off shall be performed either standing or with an approach, at the option of the diver. A prior declaration of a forward standing take-off is required.
2. The starting position for a dive with an approach shall be assumed when the contestant is ready to take the first step of the approach. The body shall be straight, head erect with arms straight against the sides of the body.
3. The starting position for a standing dive shall be assumed when a competitor stands at the front end of the diving board, with the body straight, head erect and the arms straight and in a position of the diver's choice. In standing dives the diver has the option of moving the arms to various preparatory positions without a balk being declared, so long as there is no obvious attempt to start the press.
4. After assuming the starting position for standing dives, or dives with an approach, if the diver makes an obvious attempt to start the approach or press and stops, a balk will be declared.
5. The contestant shall be given sufficient time for preparation and performance of the dive.

B. Approach and Takeoff
1. The forward approach shall be smooth, straight and forceful and shall be comprised of not less than 3 steps followed by a hurdle, which is a jump from 1 foot to the end of the board alighting on both feet simultaneously.
2. The takeoff shall be from both feet simultaneously. It shall be forceful, reasonably high, and immediately following the hurdle.
3. While executing the standing takeoff, the diver must not rock the board excessively or lift her feet from the board prior to takeoff.

C. Flight

During the passage through the air the body may be carried in a straight, pike, tuck or free position.

1. Positions
   a. Straight Position

      In the straight position the body shall not be bent either at the knees or at the hips; the legs and feet must be together and

the toes pointed.

b. Pike Position
In the pike position, the body shall be bent at the hips, but the legs must be kept straight at the knees and together, the feet together and the toes pointed. The pike shall be as compact as possible.

c. Tuck Position
In the tuck position, the body shall be bent at both the hips and the knees. The legs, feet and knees should be together and the toes pointed. The body should be as compact as possible.

d. Free Position
The free position (a combination of more than 1 position) may be used in twisting dives only as listed in the tables. Of the dives performed in the free position, a tuck may be used only in dives 5152, 5154, 5221, 5231, 5251, 5321, 5331 and 5351.

2. Twisting
   a. In dives with twists, the twist may be performed at any time during the dive at the option of the diver except in dives numbered 5111 pike, 5211 pike, 5311 pike and 5411 pike. In these dives, the pike is to be executed before the twist.
   b. It is a failed dive if the amount of the twist is greater or less than announced by more than 90 degrees. This applies to all groups of dives.
3. Somersaults
   a. In somersaults (other than flying somersaults), the turn should commence as soon as the diver leaves the board.
   b. In flying somersaults, the straight position must be maintained from the take-off until the body has rotated for approximately half a somersault; the dive must then be completed in the tuck or pike position.

D. Entry
1. In all cases, the entry into the water should be vertical or nearly vertical. The body should be straight with the legs and feet together and the toes pointed.
2. If a dive is head first, the hands should be together and the arms should be straight and extended in line with the body.
3. In feet-first entries, the arms should be straight and remain close to the body with no bending of the elbows.

SECTION 7. Officials

a. Championships
1. For championship meets there shall be a diving referee, who may serve as a judge, a judging panel consisting of either 5, 7 or 9 judges, an announcer and sufficient table workers to provide 3 recorders, 2 calculator attendants, 2 computators, 1 person for comparison of scores and 1 troubleshooter.
2. Other judging systems, such as alternating judging panels or the reserve judge system, may be utilized for championships.
   a. When using alternating judging panels, 10 or 14 judges are selected and divided into 2 equal panels of 5 or 7 judges. The first panel of judges will judge rounds 1, 2 and 5, and the finals. The second panel of judges will judge rounds 3, 4 and the semi-finals. This system is especially desirable when there is a large number of entries in the contest.
   b. When using the reserve judge system, 6, 8 or 10 judges are used as a single panel throughout the entire contest. If a judge is the coach of a diver in the contest, that judge's score shall be administratively deleted prior to the start of the event, i.e., a magic marker shall be used to block out that judge's score in the appropriate column on her/his diver's scoresheet.) If a diver does not have a coach on the judging panel, the score of each judge shall be deleted in a random manner prior to the start of the contest, i.e., the score of judge #1 shall be deleted for dive #4, the score of judge #2 shall be deleted for dive #1, and so on until each judge's score has been deleted once. The procedure is repeated until the diver's scoresheet has one deleted score for each of her dives. Divers must include their coach's name on their scoresheet when it is submitted. Twenty minutes prior to the start of the contest the judges must be present on the deck so that the referee can assign judges their seats and numbers in order to allow the table officials enough time to make the proper deletions on the scoresheets.

B. Dual Meets
1. In dual meet competition there shall be a diving referee, who may serve as a judge, a judging panel consisting of either 2, 3 or 5 judges, an announcer and a set of table officials.
2. The visiting team has the prerogative of supplying 1 judge on a 2- or 3-judge panel and 2 judges on a 5-judge panel.

3. When opposing coaches cannot mutually agree on the number of judges, a two-judge panel will be used.
4. No eligible team member, swimmer or diver, may serve in a judging capacity.
5. The home team should be able to supply all judges if the visiting team does not wish to exercise its option to judge.

C. Other Meets

The official for all other diving competitions shall be at least the minimum as used for dual meets but every effort should be made to provide officials as listed for championship meets.

D. Diving Referee

The diving referee shall have full jurisdiction over the diving events and shall see that all rules are enforced. In other than championship meets, the diving referee shall make final decisions concerning all questions arising from conduct of the diving events, the final settlement of which is not covered by the rules, and shall have discretionary power to set aside the application of a procedure where there is apparent unfairness. In championship meets, the diving referee shall consult with the meet committee on major issues. The diving referee shall complete the following duties:

1. Before the diving event(s)
   a. Draw the required dive for the one meter event and, when necessary, draw a second time for the required dive for the 3 meter event as described in Section 2, A1 and B1.
   b. Determine the order of diving as described in Section 4,C.
   c. Check the diving scoresheets for:
      (1) proper number of dives
      (2) proper listing of dives, positions and degrees of difficulty according to the diving tables
      (3) signature of the diver
      (4) name of coach in a championship meet
   d. Permit the diver, in other than championship meets, to make changes on the diving scoresheet until the start of the event.
   e. Confirm that all required equipment necessary to the proper conduct of the event is in place.
   f. Be sure a full complement of officials is present.
   g. Conduct a short officials' meeting to be sure each person assigned a duty understands responsibilities as indicated by the rules.

   h. Place and assign the diving judges on both sides of the diving board, where practical, so they may have a profile view. If it is not possible to use both sides, they shall be placed together on one side.
   i. Allow each diver to have her practice approaches and water entry immediately prior to the start of the diving competition as described in Section 4,D2.
2. During the diving event
   a. Disqualify a diver who does not make an honest attempt to complete each of the dives as listed on the scoresheet.
   b. Call for a failed dive for the following reasons:
      (1) diver falls into the water prior to assuming the starting position.
      (2) diver executes a dive of a different number from that written on the scoresheet.
      (3) diver receives assistance during a dive.
      (4) if, after a balk, the second attempt to obtain balance or a take-off is unsuccessful.
      (5) if the amount of twist is greater or less by more than 90 degrees than that listed on the scoresheet. This applies to all groups of dives.
      (6) if, on a head first entry, any body part other than the head or hands touches first; or on a feet first entry, any part other than the feet touches first.
   c. Instruct the judges to consider a dive unsatisfactory and award not more than 2 points if a diver's position is completely broken or performed in a position other than written or if a tuck is utilized in twisting dives other than 5152, 5154, 5221, 5231, 5251, 5321, 5331 or 5351.
   d. Instruct the announcer to deduct 2 points from each judge's award if a diver takes less than 3 steps before the hurdle or takes a two-foot hurdle.
   e. Instruct the announcer to reduce each judge's award by 2 points in the event of a contestant making a balk or false start on the diving board and not completing a dive which has been started. This instruction shall be given upon the completion of the dive. If the second attempt to obtain a balance or take-off is unsuccessful, it shall be considered a failed dive. No further attempt shall be permitted.

Note: In d. and e. above the score shall not be reduced to below zero.

f. Upon the immediate request of the diver, permit a dive to be repeated, when, in the diving referee's opinion, the execution of the dive was influenced by exceptional circumstances. The dive must be repeated before the next diver dives. Exceptional circumstances include only the most unusual happenings.
g. Signal for or have the announcer call for the judges' awards at the completion of each dive.
h. Replace a judge when it becomes necessary, due to unavoidable circumstances.

3. After the diving event
   a. Audit the scoresheets and confirm the results by signature.
   b. See that the results are announced as quickly as possible at the completion of the event so that the next event can start promptly.

E. Diving Judges
1. The judges shall sit where the diving referee directs them.
2. Each judge shall assess each dive independently and shall give scores for each dive from 10 to 0 in accordance with the following table.

Very good	8½ through 10	points
Good	6½ through 8	points
Satisfactory	5 through 6	points
Deficient	2½ through 4½	points
Unsatisfactory	½ through 2	points
Completely failed	0	points

3. After each dive, on the signal from the diving referee or the call from the announcer, each judge, without communication with any other judge, shall immediately and simultaneously with the other judges flash her/his award.
4. Dives shall be judged on the following principles:
   a. The dive shall be considered without regarding the approach to the starting position.
   b. The dive shall be evaluated on:
      (1) the forward approach when used
      (2) the takeoff
      (3) the technique and grace of the diver during the flight through the air
      (4) the height of the dive

      (5) the entry into the water. A dive that is short should be penalized no less than a dive that is over.
      (6) judging of a dive shall be completed when the diver's body has entered the water without regard to movements underwater.
   c. If the diver, when executing a standing take-off, rocks the board excessively or lifts her feet from the board before the take-off, each judge may deduct up to 1½ points from the diver's award, according to the judge's individual opinion of the violation.
   d. If the diver touches the end of the board or dives to the side of the direct line of flight, each judge shall exercise an opinion regarding the deduction to be made. Properly executed dives should be a safe distance from the board and should enter the water directly in front of the board.
   e. If the diver's knees are spread while in the tuck position, the judges shall deduct 1 to 2 points.
   f. Consider a dive deficient and award not more than 4½ points if the dive position is partially altered or broken during the flight.
   g. Deduct from 1 to 3 points from the award if the arms are not in the correct prescribed position on entry into the water.

F. Announcer
1. Before the diving event starts, the announcer shall announce the diving order by reading the name and affiliation of each diver entered. In championship meets the diving order shall also be distributed to the divers and posted in areas near the diving boards.
2. Before each dive, the announcer shall announce the name of the competitor, the name of the dive to be performed, the position of the dive and the degree of difficulty. If the diver is doing a standing forward take-off, this shall also be announced.
3. During the contest, the announcer shall not announce any affiliation or individual titles relating to any competitor.
4. After each dive, the announcer shall call for the judges' awards, if instructed to do so by the referee, and shall announce the awards in the same consecutive order each time. When instructed by the referee, the announcer shall reduce each judge's award by 2 points when announcing the awards.

5. At the completion of the event or championship session and after verification and approval of the results by the referee, the announcer shall announce the results, giving the order of finish, the competitor's name, affiliation and total score.

G. Table Officials

1. Three sets of scoresheets shall be made available to the table officials in championship meets. One set shall be used by the announcer and 2 sets shall be used for simultaneous computation of scores. In dual meets, one set of scoresheets may be used, but extreme care must be taken in the recording and computation of scores.
2. In championship meets there shall be 3 persons for recording of judges' awards, 2 persons for operating calculators, 2 persons for computation of scores, 1 person for comparing and correcting scores and 1 troubleshooter.
3. Table officials shall be sufficiently trained and familiar with their responsibilities in order to be able to perform their task in less than 30 seconds.
4. The recorders shall place the judges' awards on the divers' scoresheets in the same consecutive order as announced each time. No computations are made on the announcer's sheets. The scores are only recorded to be used later to resolve differences on the other 2 sets of sheets.
5. Electronic or slide rule type calculators may be used at all meets.
6. One person shall compare the 2 independently computed scores for each dive each time, and when a difference occurs, that person shall determine the cause of the discrepancy and make the necessary corrections. Every effort must be made to make the necessary corrections without interruption to the normal progress of the contest. After making corrections, care must be taken to keep scoresheets in their proper order.

SECTION 8. Computation of Diving Scores

A. The individual judge's awards shall be recorded in the same column each time.

B. When there are 2 or 3 judges, all awards shall be added; none shall be cancelled.

C. When there are 5 or 7 judges, the highest and the lowest awards shall be cancelled and the remaining awards are added. If there are identical awards, any may be cancelled.

DIVING		SPRINGBOARD							
		1 METER				3 METER			
DEGREES OF DIFFICULTY		STRT	PIKE	TUCK	FREE	STRT	PIKE	TUCK	FREE
DIVE #	DESCRIPTION	A	B	C	D	A	B	C	D
FORWARD GROUP									
101	Forward Dive	1.4	1.3	1.2		1.6	1.5	1.4	
102	Forward Somersault	1.6	1.5	1.4		1.7	1.6	1.5	
103	Forward 1½ Somersault		1.7	1.6		1.9	1.6	1.5	
104	Forward Double Somersault		2.3	2.2			2.1	2.0	
105	Forward 2½ Som		2.6	2.4			2.4	2.2	
106	Forward Triple Som			2.9				2.5	
107	Forward 3½ Som			3.0			3.1	2.8	
109	Forward 4½ Som							3.5	
112	Forward Flying Som		1.7	1.6			1.8	1.7	
113	Forward Flying 1½ Som		1.9	1.8			1.8	1.7	
115	Forward Flying 2½ Som							2.5	
1051	Fwd Som with Fly 1½ Som							2.5	
BACK GROUP		A	B	C		A	B	C	
201	Back Dive	1.7	1.6	1.5		1.9	1.8	1.7	
202	Back Somersault	1.7	1.6	1.5		1.8	1.7	1.6	
203	Back 1½ Somersault	2.5	2.4	2.0		2.4	2.2	1.9	
204	Back Double Som		2.5	2.2		2.5	2.3	2.0	
205	Back 2½ Somersault			3.0			3.0	2.8	
207	Back 3½ Somersault							3.4	
212	Back Flying Som		1.7	1.6			1.8	1.7	
213	Back Flying 1½ Som							2.1	
REVERSE GROUP		A	B	C		A	B	C	
301	Reverse Dive	1.8	1.7	1.6		2.0	1.9	1.8	
302	Reverse Somersault	1.8	1.7	1.6		1.9	1.8	1.7	
303	Reverse 1½ Somersault	2.7	2.4	2.1		2.6	2.3	2.0	
304	Reverse Double Som		2.6	2.3			2.4	2.1	
305	Reverse 2½ Somersault			3.0			3.0	2.8	
307	Reverse 3½ Somersault							3.5	
312	Reverse Flying Som		1.8	1.7				1.8	
313	Reverse Flying 1½ Som							2.1	
INWARD GROUP									
401	Inward Dive	1.8	1.5	1.4		1.7	1.4	1.3	
402	Inward Somersault		1.7	1.6			1.5	1.4	
403	Inward 1½ Somersault		2.4	2.2			2.1	1.9	
404	Inward Double Som			2.6			2.6	2.4	
405	Inward 2½ Somersault			3.0			3.0	2.7	
407	Inward 3½ Somersault							3.4	
412	Inward Flying Somersault		2.1	2.0			1.9	1.8	
413	Inward Flying 1½ Som			2.7				2.4	

DIVING	SPRINGBOARD							
	1 METER				3 METER			
DEGREES OF DIFFICULTY	STRT	PIKE	TUCK	FREE	STRT	PIKE	TUCK	FREE
DIVE # DESCRIPTION	A	B	C	D	A	B	C	D
TWIST GROUP								
5111 Forward Dive ½ Twist	1.8	1.7			2.0	1.9		
5112 Forward Dive 1 Twist	2.0	1.9			2.2	2.1		
5121 Forward Som ½ Twist	1.9	1.8		1.7	2.0	1.9		
5122 Forward Som 1 Twist				1.9				2.0
5124 Forward Som 2 Twists				2.3				
5126 Forward Som 3 Twists				2.7				
5131 Forward 1½ Som ½ Twist		2.1	2.0			2.0	1.9	
5132 Forward 1½ Som 1 Twist				2.2				2.1
5134 Forward 1½ Som 2 Twists				2.6				2.5
5136 Forward 1½ Som 3 Twists				3.0				2.9
5138 Forward 1½ Som 4 Twists								3.3
5152 Forward 2½ Som 1 Twist								2.8
5154 Forward 2½ Som 2 Twists								3.2
5211 Back Dive ½ Twist	1.8				2.0			
5212 Back Dive 1 Twist	2.0				2.2			
5221 Back Som ½ Twist				1.7				
5222 Back Som 1 Twist				1.9				
5223 Back Som 1½ Twists				2.3				
5225 Back Som 2½ Twists				2.7				
5231 Back 1½ Som ½ Twist				2.1				2.0
5233 Back 1½ Som 1½ Twists				2.5				2.4
5235 Back 1½ Som 2½ Twists				2.9				2.8
5237 Back 1½ Som 3½ Twists								3.2
5251 Back 2½ Som ½ Twist								2.5
5311 Reverse Dive ½ Twist	1.9				2.0			
5312 Reverse Dive 1 Twist	2.1				2.2			
5321 Reverse Som ½ Twist				1.8				
5322 Reverse Som 1 Twist				2.0				
5323 Reverse Som 1½ Twists				2.4				
5325 Reverse Som 2½ Twists				2.8				
5331 Reverse 1½ Som ½ Twist				2.2				2.1
5333 Reverse 1½ Som 1½ Twists				2.6				2.5
5335 Reverse 1½ Som 2½ Twists				3.0				2.9
5337 Reverse 1½ Som 3½ Twists								3.3
5351 Reverse 2½ Som ½ Twist								2.5
5411 Inward Dive ½ Twist	2.0	1.7			1.9	1.6		
5412 Inward Dive 1 Twist	2.2	1.9			2.1	1.8		
5421 Inward Som ½ Twist		1.8	1.7			1.6	1.5	
5422 Inward Som 1 Twist				2.1				
5432 Inward 1½ Som 1 Twist								2.4
5434 Inward 1½ Som 2 Twists								2.8

D. When there are 9 judges, the 2 highest and 2 lowest awards shall be cancelled and the remaining awards are added.
E. The score for each dive is determined by multiplying the sum of the remaining judges' awards by the degree of difficulty. In addition, when there are 7 or 9 judges, this score must then be multiplied by 0.6 or 3/5.
F. The diver's final score is the sum of the scores for each dive. When there are 2 judges, the final score shall be multiplied by 1.5.
G. The order of finish shall be determined by the cumulative scores after the performance of the required number of dives. If 2 or more divers have equal scores, they shall be declared tied.

Rule 4. Contestants

SECTION 1. General Regulation

No swimmer shall be permitted to wear or use any device to help her speed or buoyancy. Goggles may be worn and rub-down oil may be used if not considered excessive by the swimming referee.

SECTION 2. Number of Entries per Team

A. In a dual meet each team shall be allowed the following number of entries in each swimming and diving event:
   5 or less lanes—2 entries per team (including relays)
   6 lanes—3 entries per team (including relays)
   8 or more lanes—4 entries per team (including relays)
B. Championship meets—
   1. Intercollegiate: Refer to Rule 6, Sect. 4.
   2. Interscholastic: Refer to Rule 7, Sect. 4.

SECTION 3. Number of Events per Swimmer

A. In Dual, Triangular, Quadrangular Meets
   1. Intercollegiate: a contestant is permitted to compete in a maximum of 4 events of which no more than 3 may be individual events.
   2. Interscholastic: a contestant is permitted to compete in a maximum of 3 events of which no more than 2 may be individual events.
B. Any swimmer who enters or competes in too many events shall be disqualified from the illegal event. The illegal event(s) shall be considered those swum or entered in excess of the total number of entries allowed. Events shall be determined in the order in which the contestant participates.

SECTION 4. Method of Entry

A. Dual, Triangular, and Quadrangular Meets
   1. The official entry card for each event including diving shall be handed to the swimming referee or a designated official at a predetermined place immediately after the announcement of the results of the preceding event.
   2. The card shall include: (a) first and last names, (b) lane assignments or diving order of participants and (c) name of the school.
   3. Submitting an entry which is incomplete, inaccurate or not delivered by the proper time shall disqualify the swimmer(s), diver(s), or relay team(s) from that event.

B. Championship meet—
   1. Intercollegiate: Refer to Rule 6, Sect. 2.
   2. Interscholastic: Refer to Rule 7, Sect. 2.

Rule 5. Program of Competition

SECTION 1. Dual Meet Procedures

A. List and Order of Events
   1. Intercollegiate
      a. Mixed Program
         (1) 400-Yard Medley Relay
         ✓ (2) 1000-Yard (800m) or 1650-Yard (1500m) Freestyle
         (3) 100-Yard Individual Medley
         (4) 200-Yard Freestyle
         (5) 50-Yard Backstroke
         (6) 50-Yard Breaststroke
         (7) 200-Yard Butterfly
         (8) 50-Yard Freestyle
         (9) 1-Meter Diving
         (10) 100-Yard Freestyle
         (11) 200-Yard Backstroke
         (12) 200-Yard Breaststroke
         (13) 500-Yard (400m) Freestyle
         (14) 50-Yard Butterfly
         (15) 3-Meter Diving
         (16) 400-Yard Individual Medley
         (17) 400-Yard Freestyle Relay
      b. Short Program
         (1) 200-Yard Medley Relay
         (2) 500-Yard (400m) Freestyle

         (3) 200-Yard Individual Medley
         (4) 100-Yard Freestyle
         (5) 50-Yard Backstroke
         (6) 50-Yard Breaststroke
         (7) 100-Yard Butterfly
         (8) 1-Meter Diving
         (9) 50-Yard Freestyle
         (10) 100-Yard Backstroke
         (11) 100-Yard Individual Medley
         (12) 200-Yard Freestyle
         (13) 50-Yard Butterfly
         (14) 3-Meter Diving
         (15) 100-Yard Breaststroke
         (16) 200-Yard Freestyle Relay
      c. Long Program
         (1) 400-Yard Medley Relay
         ✓ (2) 1000-Yard (800m) or 1650-Yard (1500m) Freestyle
         (3) 50-Yard Freestyle
         (4) 100-Yard Backstroke
         (5) 100-Yard Breaststroke
         (6) 200-Yard Butterfly
         (7) 1-Meter Diving
         (8) 100-Yard Freestyle
         (9) 200-Yard Backstroke
         (10) 400-Yard Individual Medley
         (11) 200-Yard Freestyle
         (12) 100-Yard Butterfly
         (13) 3-Meter Diving
         (14) 200-Yard Breaststroke
         (15) 400-Yard Freestyle Relay
   d. Choice of Program
      (1) Competition
         (a) The program and any event changes shall be decided by the coaches. If mutual agreement is not possible, the choice of the short, long, or mixed program (without modification) shall be determined by the visiting coach.
         (b) The program shall be confirmed in writing by the visiting institution, postmarked at least 14 days

prior to the meet date.* If these provisions have not been met, the short program shall be swum.

(2) Program Contracts
Any program agreed upon in a written contract may not be changed unless by consent of the coaches.

2. Interscholastic
a. Program of Events
(1) 200-Yard Medley Relay
(2) 200-Yard Freestyle
(3) 200-Yard Individual Medley
(4) 50-Yard Freestyle
(5) Diving Event
(6) 100-Yard Butterfly
(7) 100-Yard Freestyle
(8) 500-Yard Freestyle
(9) 100-Yard Backstroke
(10) 100-Yard Breaststroke
(11) 400-Yard Freestyle Relay

b. Program Modifications (non-championship meets)
(1) The diving event may be the first event, with a break of up to 15 minutes between the 50-yard freestyle and 100-yard butterfly.
(2) The 1-meter competition may be replaced by a 3-meter event.
(3) Two 1-meter events may be provided (see Rule 3, Sect. 2, A, 1b2).
(4) Both 1-meter and 3-meter events may be provided (see Rule 3, Sect. 2, A, 1a).
Note: Modifications may be made only by prior mutual consent of competing teams.
(5) Where two diving events are held, one shall follow the 50-yard freestyle, the other shall be the first event *or* precede the 100-yard breaststroke.

B. Lane Assignment
1. In dual meets the visiting team shall have the choice of odd or even lanes. Once made, this choice shall apply to all swimming

*It is suggested that confirmation of program be sent by registered mail, return receipt requested.

events on the program.
2. In triangular meets, in a 6-lane pool, lanes shall be drawn by lot. Lanes will be grouped as follows: 1 and 4, 2 and 5, 3 and 6.

C. Official Time—Refer to Rule 9, Sections 5 and 9G7e.
D. Order of Finish—Refer to Rule 9, Sect. 5.
E. Officials for Dual Meets—Refer to Rule 3, Sect. 7B and Rule 9, Sect. 1A.
F. Scoring—Refer to Rule 8.

Rule 6. Conduct of Intercollegiate Championships

SECTION 1. Championship Programs*

A. 3-Day Program

First Day
1. 200-Yard Medley Relay
2. 500-Yard Freestyle
3. 50-Yard Breaststroke
4. 100-Yard Butterfly
5. 200-Yard Individual Medley
6. 200-Yard Backstroke
7. 1-Meter Diving
8. 800-Yard Freestyle Relay

Second Day
9. 200-Yard Freestyle Relay
10. 400-Yard Individual Medley
11. 100-Yard Backstroke
12. 200-Yard Freestyle
13. 100-Yard Breaststroke
14. 200-Yard Butterfly
15. 50-Yard Freestyle
16. 400-Yard Medley Relay

Third Day
17. 1650-Yard Freestyle
18. 100-Yard Freestyle
19. 50-Yard Backstroke
20. 200-Yard Breaststroke
21. 50-Yard Butterfly
22. 100-Yard Individual Medley
23. 3-Meter Diving
24. 400-Yard Freestyle Relay

*When prelims and finals are being used,the program will be as described under *NAIA National Championship Policies*. Either the 3-day or the 4-day program may be used in regional championships, regardless of Division. Where a 2-day or timed-final meet is held, the program shall be determined by the Meet Committee.

B. 4-Day Program

First Day

1. 200-Yard Freestyle Relay
2. 500-Yard Freestyle
3. 100-Yard Backstroke
4. 200-Yard Breaststroke
5. 50-Yard Butterfly
6. 400-Yard Medley Relay

Second Day

7. 200-Yard Freestyle
8. 50-Yard Breaststroke
9. 100-Yard Butterfly
10. 400-Yard Individual Medley
11. 1-Meter Diving
12. 200-Yard Medley Relay

Third Day

13. 200-Yard Individual Medley
14. 50-Yard Freestyle
15. 200-Yard Butterfly
16. 50-Yard Backstroke
17. 100-Yard Breaststroke
18. 800-Yard Freestyle Relay

Fourth Day

19. 100-Yard Freestyle
20. 200-Yard Backstroke
21. 1650-Yard Freestyle
22. 100-Yard Individual Medley
23. 3-Meter Diving
24. 400-Yard Freestyle Relay

C. 3-Day Combined (Women's and Men's) Program

First Day

1. Women's 200-Yard Freestyle Relay
2. Men's 500-Yard Freestyle
3. Women's 50-Yard Backstroke
4. Women's 50-Yard Butterfly
5. Women's 500-Yard Freestyle
6. Men's 200-Yard Individual Medley
7. Women's 200-Yard Individual Medley
8. Men's 50-Yard Freestyle
9. Women's 50-Yard Freestyle
10. Men's 400-Yard Medley Relay
11. Women's 400-Yard Medley Relay

Second Day

12. Women's 200-Yard Medley Relay
13. Men's 400-Yard Individual Medley
14. Women's 400-Yard Individual Medley
15. Men's 200-Yard Freestyle
16. Women's 200-Yard Freestyle
17. Men's 100-Yard Butterfly
18. Women's 200-Yard Butterfly
19. Men's 100-Yard Backstroke
20. Women's 200-Yard Backstroke
21. Men's 100-Yard Breaststroke
22. Women's 200-Yard Breaststroke
23. Men's 800-Yard Freestyle Relay
24. Women's 800-Yard Freestyle Relay

Third Day

25. Women's 100-Yard Individual Medley
26. Men's 1650-Yard Freestyle
27. Women's 1650-Yard Freestyle
28. Women's 50-Yard Breaststroke
29. Men's 100-Yard Freestyle
30. Women's 100-Yard Freestyle
31. Men's 200-Yard Breaststroke
32. Women's 100-Yard Backstroke
33. Men's 200-Yard Breaststroke
34. Women's 100-Yard Breaststroke
35. Men's 200-Yard Butterfly
36. Women's 100-Yard Butterfly
37. Men's 400-Yard Freestyle Relay
38. Women's 400-Yard Freestyle Relay

Note: The appropriate Swimming and Diving Committees shall determine when the 1-Meter and 3-Meter Diving Events will be held.

SECTION 2. Entry Procedures

A. The hosting institution is to print and send out entry blanks, and collect entries and fees when due.

B. An entry list with all entries will be made by the hosting institution and must be available to coaches prior to the start of the meet.

C. Upon arrival at the meet site, the coach or official representative will register and pick up an entry list and other pertinent information.
D. The deadline and location of the scratch box must be stated in the meet information.
E. If a swimmer is entered in excess of the entry limit after the scratch deadline is past, she will be scratched from all excess events. Events shall be determined in the order in which the contestant participates.
F. Following the scratch deadline, the entries will be seeded.
G. Individual Entries
An entrant may submit verified times in as many events as she wishes, provided she meets the qualifying standard in each.
H. Relay Entries
1. All contestants listed on the entry form are eligible to swim on relays.
2. Enter the relay time only once on the entry form.
3. Each school may enter 1 relay team per relay event.
4. First and last names of competing relay swimmers shall de declared in writing immediately prior to the start of the relay event, consolation final or final in which said team is entered; no changes will be permitted thereafter.
5. In the consolation finals or finals the relay team members may or may not be the same four swimmers who competed in the preliminaries of the relay. All participants in a preliminary heat, consolation finals or finals of a relay shall count that event toward their total number of allowed events.
6. If a relay team is entered but fails to compete in any heat, swim-off, consolation final or final, the institution shall be disqualified from its next entered relay event. If a card has not been submitted for the preliminaries, the coach must designate 4 eligible swimmers present at the meet to be charged with the event toward their total number of allowed events. (*Exception*: alternates to consolation finals.)
7. In the case of a swim-off, the composition of a relay team must remain the same as in the prelims.

I. If an individual is entered but fails to compete in any heat, swim-off, consolation finals or finals, she shall be disqualified from her next scheduled individual event, except as follows:

1. Alternates to consolation finals will not be disqualified for failing to swim in the consolation finals.
2. A swimmer may officially withdraw from an event after her preliminary heat without additional penalty by turning in a scratch card to the recorder within 30 minutes after the announcement of the qualifiers for the event.
3. Swimmers may be scratched from any heat or final for illness or injury only when certified by the meet physician.
   a. When a contestant has been declared by the physician as being unfit for competition, she may be reinstated in later events only by official permission of the meet physician.
   b. If an entrant is withdrawn from an event for medical reasons, that event shall count toward the total number of allowed events.

SECTION 3. Qualifying Standards

A. Qualifying standards will be established by the Meet Director or the appropriate governing body.
B. The qualifying period for individual and relay events will be established by the Meet Director or the appropriate governing body.
C. Qualifying standards must have been achieved in bona fide competition consistent with the current NAGWS Swimming and Diving rules.
D. Swimmers may establish qualifying times as exhibition swimmers providing:
1. the event is a scored event;
2. the event is part of the agreed upon program; and
3. the exhibition swimmer is declared prior to the event.

Note: No qualifying times shall be accepted from an event or heat in which all swimmers are exhibition.

E. Each entry in individual swimming events must be accompanied by a qualifying time which must be certified by the coach on the entry blank to be the best time made by the swimmer(s) during the designated qualifying period.
1. Relay split times may not be submitted unless made on the first leg of a relay and officially timed.
2. The Meet Committee reserves the right to challenge any submitted time. If it is found the best time has not been submitted, the Meet Committee has the right either to adjust the entered time to the correct time or seed the competitor with no time.

F. Entry times in relay swimming events may be either a relay performance or an aggregate of four official gun or horn started times.

G. Altitude Adjustments.

Note: Times achieved at an altitude of 3,000 feet or above must be adjusted according to the chart-below:

DISTANCE (Individual Event)	3,000-4,250 ft. Elev.	4,250-6,500 ft. Elev.	Above 6,500 ft. Elev.
100 yd/m	—	0.10 sec	0.15 sec
200 yd/m	0.50 sec	1.20 sec	1.60 sec
400-500 yd/400 m	2.50 sec	5.00 sec	7.00 sec
1000 yd	6.50 sec	12.00 sec	19.00 sec
1650 yd/1500 m	11.00 sec	20.00 sec	32.50 sec

Subtract the time indicated above from the actual time achieved. This is the time to be used on the entry blank. Information relative to the adjustment must be shown in a separate statement and returned with the official entry blank. The statement must include name of the competitor, event, date of performance, elevation, location, actual time, corrected time and the signature of the coach.

SECTION 4. Number of Entries per Team

A. Individual Events
A school may enter any number of contestants who have achieved verified qualifying times.

B. Relay Events
Each school may only enter 1 relay team in each relay event.

SECTION 5. Numbers of Entries per Individual

A. When the preliminaries and finals are held over 2 or more days, a contestant may participate in 3 events per day, with a maximum of 7 events per meet of which no more than 5 may be individual events.

B. Any swimmer who is officially entered in too many events shall be disqualified from the illegal event(s). The illegal events shall be considered those swum or entered in excess of the total number of entries allowed. Events will be considered in the order in which the contestant participates.

SECTION 6. Heat Seeding Procedure

A. Entry times shall be listed in order by the meet director or an appointed representative with the fastest swimmers' times first and the slowest swimmers' times last.

B. Seeding for Timed Finals
1. In all timed final events except the 1650, the final heat shall be composed of the entries with the fastest seeded times. The entries with the next fastest group of times shall compose the next to the last heat, the next fastest group of times shall compose the third to last heat, etc.
2. Seeding for the 1650 shall be determined by the Sport Committee (for national championships) or its equivalent for other championships.
3. A full complement of entries shall be placed in all heats starting with the fastest heat. Whenever this results in less than 3 entries in the first (slowest) heat, the slowest seeded entries in the second heat shall be moved into the first heat so that no heat has less than 3 entries.

C. Seeding for Events with Preliminaries
1. In 2 heats (12 or less entries in a 6-lane pool, 16 or less entries in an 8-lane pool) the fastest swimmer shall be placed in the second heat, the second fastest swimmer in the first heat, the third fastest swimmer shall be placed in the second heat, the fourth fastest in the first heat, etc.
2. In 3 heats—the fastest swimmer shall be placed in the third heat, the second fastest swimmer in the second heat, the third fastest in the first heat, the fourth fastest swimmer shall be placed in the third heat, the fifth fastest swimmer shall be placed in the second heat, the sixth fastest swimmer in the first heat and the seventh in the third heat, etc.
3. In 4 heats or more—the last three heats shall be seeded as described in the preceding paragraph. The heat preceding the last 3 heats shall consist of the next fastest swimmers, the heat preceding the last 4 heats shall consist of the next fastest swimmers, etc. A full complement of entries shall be placed in all heats starting with the fastest heat. Whenever this results in less than 3 entries in the first (slowest) heat, the slowest seeded entries in the second heat shall be moved into the first heat so no heat has less than 3 entries.

SECTION 7. Procedures for Consolation Finals and Finals

A. The Meet Committee shall determine the number of qualifiers for the finals and consolation finals. The fastest swimmers in the order of finish in the preliminaries shall qualify for the finals. The next fastest swimmers in the order of finish in the preliminaries shall qualify for the consolation finals.

B. Consolation finals shall precede the finals in each swimming event except the 1650 yard (1500m) freestyle, which shall be conducted as a timed final.

C. A consolation finalist may not place nor score higher than 7th in a 12-place swimming event, nor higher than 9th in a 16-place swimming event.

D. If primary information from automatic devices is available, it shall be used to determine the qualifiers for final events and for placement within heats. If primary information from automatic timing devices is not available, the ballot system shall be used to determine qualifiers and for placement within heats. Swimmers shall qualify for finals on the basis of their official time; however, in no case shall a swimmer with a faster official time displace another swimmer who has finished ahead of her in a heat according to the ballot system.

E. If a situation results in disputed qualifications, these procedures should be followed:
   1. All swimmers having times tied with or within the disputed times shall participate in a swim-off for the unfilled positions. In swim-off heats, lanes shall be decided by lot.
   2. A swim-off shall be considered to be part of the total preliminary process of qualifying for the finals.
   3. In the case of disqualification in a swim-off, the disqualified swimmer shall be considered to have finished last in the swim-off. In the case of a swim-off for the lowest qualifying position, a disqualified swimmer shall be considered eliminated from the position for which the contestants were swimming. If disqualifications leave a vacancy for the full complement of finalists, swim-offs shall be continued among those disqualified swimmers until a full complement of finalists is assured.

F. A swim-off may be held at any time set by the swimming referee not earlier than 25 minutes (unless mutually agreed upon by the coaches) nor later than 45 minutes after the last preliminary heat of the last event in which any one of these swimmers is competing in

that session.

G. In the event that a swimmer(s) has qualified for consolation finals, or championships, and then withdraws, is barred, ill or injured prior to the consolation final or final she has qualified for and is unable to compete in the event, the referee shall fill the event with the next qualified, available competitor. If this can not be done, the residual points shall be lost from the meet.

H. An honest effort in the finals or consolation finals is required. Failure to make an honest effort shall result in disqualification from the event. The determination of an honest effort performance will be made by the Meet Committee.

I. If a swimmer in either the consolation final or final is disqualified, the residual points shall be lost from the meet.

SECTION 8. Lane Assignments

A. In a pool with an even number of lanes, the fastest swimmer shall be assigned to the right-center lane (swimmer's right as she faces the pool), the second fastest to the left-center lane and assignment shall continue alternating right and left until all swimmers in the heat are assigned.

B. In pools with odd numbers of lanes, the fastest swimmer shall be assigned to the center lane, the second fastest to the lane right of center, the third fastest to the lane left of center and assignment shall continue alternating right and left until all swimmers in the heat are assigned.

C. There shall be no trading of heat or lane assignments.

SECTION 9. Meet Committee

A. Structure of the Committee
   The Meet Committee should be composed of at least 5 members and should include coaches' representatives and top meet officials.

B. The responsibilities of this committee shall be to:
   1. Consult with and support the officials in the conduct of the meet
   2. Rule on questions arising from the conduct of the meet
   3. Act in any situation not covered by the rules
   4. Exercise discretionary power in setting aside the application of procedure when there is apparent unfairness.

C. All protests shall be handled by the Meet Committee.
   1. All protests involving a competitor's performance must be filed in writing within ½ hour after the conclusion of the session in question.
   2. Official protest forms shall be included in the meet registration packets. Additional forms will be available at the site of competition.
   3. Only protests written on the official protest form will be accepted by the Meet Committee.

Rule 7. Conduct of Interscholastic Championships

SECTION 1. Championship Order of Events
Recommended Program of Events:

1. 200-Yard Medley Relay
2. 200-Yard Freestyle
3. 200-Yard Individual Medley
4. 50-Yard Freestyle
5. 1-Meter Diving
6. 100-Yard Butterfly
7. 100-Yard Freestyle
8. 500-Yard Freestyle
9. 100-Yard Backstroke
10. 100-Yard Breaststroke
11. 400-Yard Freestyle Relay

SECTION 2. Entry Procedures

A. The hosting institution is to print and send out entry blanks, and collect entries and fees when due. An announcement letter listing the dates, site and meet director is to be sent to the eligible institutions.
B. No telephone or late mail entries will be accepted.
C. An entry list with all entries will be made by the hosting institution.
D. Upon arrival at the meet site, the coach or official representative will register and pick up an entry list and scratch cards. An appropriate receipt form must be signed by the coach or official representative indicating a correct entry for the team as listed on the entry list.
   1. Scratches are to be made by the coach or official representative by depositing scratch cards into the scratch box. A receipt form will be used for scratch verification. All entries not scratched will become official entries. (*Exception*: Divers must be re-entered by submitting their diving scoresheets.)
   2. If a swimmer is entered in excess of the entry limit after the scratch box is closed, she will be scratched from all excess entries. Events shall be determined in the order in which the contestant participates.
E. The deadline and location of the scratch box must be stated on the official entry form.
F. Each coach or official representative must submit a list of preliminary, semi-final and final dives for each diving entry by the scratch deadline.
G. Chairperson of the Seeding Committee shall open the scratch box and seed the heats and lanes following the scratch deadline.
H. Individual Entries
   An entrant may submit entry times in as many events as she wishes, provided she meets the qualifying standard in each.
I. Relay Entries
   1. All contestants listed on the entry form are eligible to swim on relays.
   2. Enter the relay time only once on the entry form.
   3. Each school may enter 1 relay team per relay event.
   4. First and last names of competing relay swimmers shall be declared in writing immediately prior to the start of the relay event, consolation final or final in which said team is entered; no changes will be permitted thereafter.
   5. In the consolation finals or finals the relay team members may or may not be the same four swimmers who competed in the preliminaries of the relay. All participants in a preliminary heat, consolation finals or finals of a relay shall count that event toward their total number of allowed events.
   6. If an entered relay team fails to compete in any heat, swim-off, consolation finals or finals, the institution shall be disqualified from its next entered relay event. If a relay card has not been submitted for the preliminaries, the coach must designate 4 eligible swimmers present at the meet to be charged with the event toward their total number of allowed events. (*Exception:* alternates to consolation finals.)

7. In the case of a swim-off, the composition of a relay team must remain the same as in the prelims.

J. If an individual is entered, but fails to compete in any heat, swim-off, consolation final or final, she shall be disqualified from her next scheduled individual event, except as follows:
   1. Alternates to consolation finals will not be disqualified for failing to swim in the consolation finals.
   2. A swimmer may officially withdraw from an event after her preliminary heat without additional penalty by turning in a scratch card to the recorder within 30 minutes after the announcement of the qualifiers for the event.
   3. Swimmers may be scratched from any heat or final for illness or injury only when certified by the designated health official.
      a. When a contestant has been declared by the designated health official as being unfit for competition, she may be reinstated in later events only by official permission of the designated health official.
      b. If an entrant is withdrawn from an event for medical reasons, that event shall count toward the total number of allowed events.

SECTION 3. Qualifying Standards

A. Qualifying standards are to be determined by the Meet Committee.
B. Each entry in individual swimming events must be accompanied by a qualifying time which must be certified by the coach on the entry blank to be the best time made by the swimmer(s) during the season. Coaches or their official representatives will not be allowed to change this official entry time.
   1. Relay split times may not be submitted unless made on the first leg of a relay and officially timed.
   2. The Seeding Committee reserves the right to challenge any submitted time. If it is found the best time for the season is not submitted, the Seeding Committee has the right either to adjust the entered time to the correct time or seed the competitor with no time.
C. Entry times in relay swimming events must be a relay performance.

SECTION 4. Number of Entries per Team

A. Individual Events

A school may enter any number of contestants who have achieved verified qualifying times.

B. Relay Events
Each school may only enter 1 relay team in each relay event.

SECTION 5. Numbers of Entries per Individual

A. A contestant may participate in 3 events, of which no more than 2 may be individual events.
B. Any swimmer who is officially entered in too many events shall be disqualified from the illegal event(s). The illegal events shall be considered those swum or entered in excess of the total number of entries allowed. Events will be considered in the order in which the contestant participates.

SECTION 6. Heat Seeding Procedure

A. Entry times shall be listed in order by the meet director or an appointed representative with the fastest swimmers' times first and the slowest swimmers' times last.
B. Seeding for Timed Finals
   1. In all timed final events, the final heat shall be composed of the entries with the fastest seeded times. The entries with the next fastest group of times shall compose the next to the last heat, the next fastest group of times shall compose the third to last heat, etc.
   2. A full complement of entries shall be placed in all heats starting with the fastest heat. Whenever this results in less than 3 entries in the first (slowest) heat, the slowest seeded entries in the second heat shall be moved into the first heat so that no heat has less than 3 entries.
C. Seeding for Events with Preliminaries
   1. In 2 heats (12 or less entries in a 6-lane pool; 16 or less entries in an 8-lane pool)—the fastest swimmer shall be placed in the second heat, the second fastest swimmer in the first heat, the third fastest swimmer shall be placed in the second heat, the fourth fastest in the first heat, etc.
   2. In 3 heats—the fastest swimmer shall be placed in the third heat, the second fastest swimmer in the second heat, the third fastest

in the first heat, the fourth fastest swimmer shall be placed in the third heat, the fifth fastest swimmer shall be placed in the second heat, the sixth fastest swimmer in the first heat and the seventh in the third heat, etc.

3. In 4 heats or more—the last three heats shall be seeded as described in the preceding paragraph. The heat preceding the last 3 heats shall consist of the next fastest swimmers, the heat preceding the last 4 heats shall consist of the next fastest swimmers, etc. A full complement of entries shall be placed in all heats starting with the fastest heat. Whenever this results in less than 3 entries in the first (slowest) heat, the slowest seeded entries in the second heat shall be moved into the first heat so no heat has less than 3 entries.

SECTION 7. Procedures for Consolation Finals and Finals

A. The Meet Committee shall determine the number of qualifiers for the finals and consolation finals. The fastest swimmers in the order of finish in the preliminaries shall qualify for finals. The next fastest swimmers in the order of finish in the preliminaries shall qualify for the consolation finals.

B. Consolation finals shall precede the finals in each swimming event.

C. A consolation finalist may not place and score higher than 7th in a 12-place swimming event, nor higher than 9th in a 16-place swimming event.

D. If primary information from automatic devices is available, it shall be used to determine the qualifiers for final events and for placement within heats. If primary information from automatic timing devices is not available, the ballot system shall be used to determine qualifiers and for placement within heats. Swimmers shall qualify for finals on the basis of their official time; however, in no case shall a swimmer with a faster official time displace another swimmer who has finished ahead of her in a heat according to the ballot system.

E. If a situation results in disputed qualifications, the following process should be followed:
   1. All swimmers having times tied with or within the disputed times shall participate in a swim-off for the unfilled positions. In swim-off heats, lanes shall be decided by lot.
   2. A swim-off shall be considered to be part of the total preliminary process of qualifying for the finals.

3. In the case of disqualification in a swim-off, the disqualified swimmer shall be considered to have finished last in the swim-off. In the case of a swim-off for the lowest qualifying position, a disqualified swimmer shall be considered eliminated from the position for which the contestants were swimming. If disqualifications leave a vacancy for the full complement of finalists, swim-offs shall be continued among those disqualified swimmers until a full complement of finalists is assured.

F. A swim-off may be held at any time set by the swimming referee not earlier than 25 minutes (unless mutually agreed upon by the coaches) nor later than 45 minutes after the last preliminary heat of the last event in which any one of these swimmers is competing in that session.

G. In the event that a swimmer(s) has qualified for consolation finals, or championships, and then withdraws, is barred, ill or injured prior to the consolation final or final she has qualified for and is unable to compete in the event, the referee shall fill the event with the next qualified, available competitor. If this can not be done, the residual points shall be lost from the meet.

H. An honest effort in the finals or consolation finals is required. Failure to make an honest effort shall result in disqualification from the event. The determination of an honest effort performance will be made by the Meet Committee.

I. If a swimmer in either the consolation finals or finals is disqualified, the residual points shall be lost from the meet.

SECTION 8. Lane Assignments

A. In a pool with an even number of lanes, the fastest swimmer shall be assigned to the right-center lane (swimmer's right as she faces the pool), the second fastest to the left-center lane and assignment shall continue alternating right and left until all swimmers in the heat are assigned.

B. In pools with an odd number of lanes, the fastest swimmer shall be assigned to the center lane, the second fastest to the lane right of center, the third fastest to the lane left of center and assignment shall continue alternating right and left until all swimmers in the heat are assigned.

C. There shall be no trading of heat or lane assignments. A violation shall result in disqualification.

SECTION 9. Diving (Refer to Rule 3).

SECTION 10. Championship Meet Committee

A. There shall be a Meet Committee for State, Sectional and Invitational championship meets. A similar committee is recommended for other large group meets.
B. The Meet Committee shall be composed of:
   1. Meet Director
   2. Diving Referee
   3. Swimming Referee
   4. All members of the NAGWS Rules Committee present
   5. Other knowledgeable persons present in order to compose a committee of at least 5 people
C. The responsibilities of this committee shall be to:
   1. Consult with and support the officials in the conduct of the meet
   2. Rule on questions arising from the conduct of the meet
   3. Act in any situation not covered by the rules
   4. Establish qualifying standards for entering the meet when deemed necessary.

SECTION 11. Protests

The Meet Committee shall handle all protests.

A. All protests involving a competitor's performance must be filed in writing within ½ hour after the conclusion of the session in question.
B. Official protest forms shall be included in the meet registration packets. Additional forms will be available at the site of competition.
C. Only protests written on the official protest form will be accepted by the Meet Committee.

Rule 8. Scoring

SECTION 1. Intercollegiate Dual Meets

A. In each event only 1 relay team or the 2 fastest swimmers in an individual event or the 2 best divers may score points for a given team. When one team's competitors place 1st, 2nd and 3rd, only the

first 2 places will be scored for that team. The 3rd place point will be awarded to the highest placing competitor of the opposing team.
B. The scoring of place values shall be: relays, 7–0; all individual events including both swimming and diving events, 5–3–1.

SECTION 2. Intercollegiate Triangular Meets

A. In each event only one relay team or the 2 fastest swimmers in an individual event or the 2 best divers may score points for a given team.
B. The scoring of place values shall be: relays, 8–4–0; all individual events including both swimming and diving, 6–4–3–2–1–0.

SECTION 3. Interscholastic Dual and Triangular Meets

The scoring of place values shall be:

A. Six or more lanes: relays, 8–4–2; all individual events including both swimming and diving, 6–4–3–2–1.
B. Four lanes: relays, 6–3–1; all individual events, 4–2–1.
C. In each event no more than 2 relay or 3 individual contestants from each team shall be eligible to place and score points. A competitor who is disqualified from an event shall not be eligible to score points in that event.

SECTION 4. Group or Championship Meets

Using either timed finals or championship and consolation finals, the places for both swimming and diving events shall be awarded to not less than twice the number of lanes in the pool. For state or invitational meets, the scoring may be modified by the meet committee to provide for local circumstances.

A. Examples of scoring values:
   1. Five-lane pool (10 places)—relays 28, 22, 20, 18, 16, 12, 8, 6, 4, 2; individual 14, 11, 10, 9, 8, 6, 4, 3, 2, 1.
   2. Six-lane pool (12 places)—relays 32, 26, 24, 22, 20, 18, 14, 10, 8, 6, 4, 2; individual 16, 13, 12, 11, 10, 9, 7, 5, 4, 3, 2, 1.
   3. Eight-lane pool (16 places)—relays 40, 34, 32, 30, 28, 26, 24, 22, 18, 14, 12, 10, 8, 6, 4, 2; individual 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1.
B. If a swimmer in either the consolation final or the final is disqualified the residual points shall be lost from the meet.
C. A consolation swimming finalist shall not place higher than the highest contested place in the consolation finals.

SECTION 5. General Regulations

A. Should only 1 contestant enter an event, that contestant shall swim or dive to be awarded points.
B. Should 2 or more contestants enter an event, and later all but 1 withdraw, that contestant shall compete to be awarded points.

SECTION 6. Ties

In the event that 2 competitors tie for first place, the first and second place awards shall be added and half of the sum shall be awarded to each competitor in the tie; there shall be no second place. If 3 competitors tie for first place, the first, second, and third place awards shall be added and one-third of the sum shall be awarded to each competitor in the tie; there shall be no second or third place. The same principle shall apply to ties for any other places.

SECTION 7. Team Score

A. The team having the greatest number of points shall be declared the winner of the meet.
B. If the number of points for 2 teams is the same, the meet is declared a tie, and no swim-off or additional event shall be permitted to determine the winner.
C. The numerical score to be recorded for a forfeited meet shall be 7–0.

Rule 9. Officials and Their Duties

SECTION 1. Number of Officials

A. For Dual and Triangular Meets. There must be a minimum of 2 rated officials. These officials shall assume the following duties: starter, swimming referee, diving referee, diving judge, strokes and turns and finish judge. These officials should be assisted by a recorder, an announcer, timers and at least 1 other qualified diving judge.
B. For all Group or Championship Meets. There shall be a swimming referee who must be a NAGWS rated official, a starter and a diving referee both of whom must be rated. These officials should be assisted by stroke and/or turn judges, an official recorder and an assistant, timers, finish judges, an announcer and diving judges.

SECTION 2. Meet Committees

There shall be a Meet Committee for State and Regional Invitational

championship meets. A similar committee is recommended for other large group meets. Refer to Rule 6, Section 9 and Rule 7, Section 10.

SECTION 3. The Swimming Referee

The swimming referee shall have full jurisdiction over the swimming events and shall see that all rules are enforced. In other than championship meets, the swimming referee shall make final decisions concerning all questions arising from the conduct of the meet, the final settlement of which is not covered by the rules, and shall have discretionary power to set aside the application of a procedure when there is apparent unfairness. No decisions shall be announced until the referee has authorized them.

The swimming referee shall have the following duties:

A. Duties before the meet
   1. See that all required equipment necessary to the proper conduct of the meet is in place. See that the pool is properly marked.
   2. Check the scoresheet to be sure the order of events conforms with the official rules.
   3. Check each entry for the legal number of contestants for each team in each event and for the legal number of events for each contestant.
   4. Supervise the seeding of heats and assigning of lanes when these procedures are used and notify the recorder and the teams.
   5. In Dual and Triangular Meets, make certain that exhibition swimmers are not seeded into heats in place of regular entries. Exhibition swimmers should be seeded independently of regular entries.
   6. After approving the entry lists, give the names of all entries for each event to the recorder and announcer.
      Note: The recorder must be prepared to revise the entries during the progress of the meet, if substitution is permitted, prior to the time when swimmers are turned over to the starter.
   7. Make certain that there is a full complement of officials to handle the meet. When an insufficient number of officials is available, appoint the rated officials to act in more than one capacity. Duties of the starter and referee can be carried out by one person in Dual and Triangular Meets.

Note: Where an insufficient number of rated officials is available, the positions of lesser responsibility may be filled by students or staff who have received some training for their specific duties. Where finish judges, timekeepers, etc. have been appointed prior to the meet, it is suggested that the referee honor such appointments.

8. When automatic relay take-off judging is not available, appoint officials to judge relay take-offs. This judging may be performed by the starter and the referee.
9. Appoint and instruct all officials regarding their duties as covered by the rules and techniques of officiating.
10. Conduct a short coaches and officials' meeting.
    a. Be sure each person assigned to a duty knows the specific responsibility as indicated by the rules.
    b. Indicate for group meets where the swimmers should report.
    c. Describe awards procedure.
    d. Describe instructions for automatic timing equipment, if used.
    e. Explain to coaches and officials which starting procedure and recall signal will be used. Ask coaches to inform their swimmers what the procedure will be.
11. Complete the following duties or delegate them to the chief timer in large meets:
    a. Examine all watches to be sure each is properly wound and synchronized. Bar from use any watch that is consistently off when tested by several timers.
    b. Assign timers to each working lane and designate one as head timer of that lane.
    c. Instruct each timer to start the watch instantly on the flash of the starter's gun or sound of other starting device and to stop the watch simultaneously with the finish. If a watch does not start or operate properly, the timer should raise a hand immediately to attract an alternate timer.
    d. Timers shall not serve as finish judges in the same race.

B. Duties during the meet
1. At the beginning of each event perform the following procedures or give them to the starter for the entire meet:
    a. Blow whistle to signal for quiet for the start.

    b. Give the following instructions to the swimmers:
        (1) the distance to be covered
        (2) the stroke or strokes to be used and their sequence
        (3) the number of lengths to be swum
        (4) the length at which a warning gun shall be fired
        (5) When an automatic timing system is in use, instruct the first, second, and third relay swimmers to clear the pool and touch pads within 15 seconds of the finish of their leg of the race.
    c. Order watches to be cleared before each event and after each false start or delegate this assignment to the head timer for each lane or to a chief timer in championship meets.
    d. Call "Judges and timers ready?" When the officials have indicated they are ready, turn the swimmers over to the starter.
    e. Disqualify any swimmer who is not in the starting area when the referee begins to deliver instructions for the race.
    f. Immediately signal for the recall rope to be dropped when there has been a false start or if automatic timing equipment has failed to start.
    g. (1) in interscholastic competition disqualify a swimmer or relay team for committing 2 false starts in an event.
        (2) in intercollegiate dual or triangular competition disqualify a swimmer or relay team for committing a false start in an event. (In all championship meets the 2 false start rule will be in effect.)
    h. Order the event started without contestants who have failed to report promptly to the starting mark.
    i. Charge a contestant with a false start for unnecessary delay after the referee's whistle.
    j. Act as a judge on turns and strokes.
    k. Place pick the finish of each race.
2. At the completion of an event:
    a. Report all disqualifications immediately in writing to the disqualified swimmer or the coach and to the recorder indicating the nature of the infraction.
    b. Resolve any conflicting decisions among the officials.
    c. Schedule and conduct swim-offs when necessary.

d. Disqualify a contestant who competes in more than the allowable number of events from the illegally entered event.
e. Disqualify a contestant who violates any provision in swimming rules.
f. Disqualify a swimmer who re-enters the water without approval of the swimming referee at the end of a race.
g. Disqualify a swimmer from that event who is unable to verify entry time upon request.
h. Disqualify a team member from the remainder of the meet in a dual or triangular meet, or from her next individual event in a championship meet, for entering the water during an event in which she is not a participant. If this infraction occurs during the final relay of the meet, the relay team will be disqualified from that event.
i. Allow a competitor whose success was endangered by interference from another swimmer to reswim the event within 45 minutes of her last event. This may be done alone or in a succeeding heat.
j. See that the procedures listed under the Responsibilities of Recorder to determine time and place are utilized. This applies to all meets (dual, triangular, championships, etc.).
k. See that results are announced as quickly as possible at the completion of each event and that the next event starts promptly thereafter.

C. Duties following the meet
1. After the last event, audit the recorder's tabulations and, when correct, sign the scoring sheet, and thereby establish the score as official. If a protest has been registered, the referee should not sign the scoresheet until the protest has been resolved.
2. A championship meet score is subject to review by the meet committee or referee within 30 days, or within 7 days for other types of meets.

SECTION 4. The Starter

The starter shall have full control of the contestants from the time they have been turned over to her/him by the referee until the race is properly underway.

A. Duties prior to each event.
1. Be equipped with a starting gun (preferably .32 calibre or larger for outdoor pools and .22 calibre for indoor pools), cartridges and whistle.

2. Have at least 3 good cartridges in the pistol before starting an event.
Note: If an electronic horn start is available, it may replace the gun start. However, it is recommended that a gun be used in conjunction with the horn as a recall on false starts.
3. Stand in a position seen easily by the competitors and the timekeepers, within 10 feet of the starting edge of the pool.
4. Give instructions to the swimmers, if the swimming referee gives this responsibiilty.
5. Wait for acknowledgement of readiness of the officials from the referee before giving the command **"Take your mark."** Hold the cocked pistol overhead so that the timers can clearly see the flash.
6. Get all swimmers onto as fair a start as possible. Starts should not be tricky in timing nor should they be given in a regular, rhythmical pattern. The starter shall hold the starting signal until all swimmers have assumed motionless positions.
7. Release the swimmers with the command **"Stand up"** if the preparation of the swimmers for the start is unsatisfactory.
8. Charge any swimmer who enters the water after the command "Stand up" with a false start.
9. On a false start, order the recall rope dropped as soon as the pistol or whistle signal is given for the recall. Release other contestants with the command "Stand up" when a false start has occurred. Any swimmer or relay team disqualified due to the false start rules shall not swim that event. The referee will officially disqualify contestants.
10. In the backstroke or the medley relay, the starter shall charge a false start to any swimmer who fails to maintain feet and/or hands in a legal position.
11. Immediately recall the contestants if an automatic or semi-automatic timing device fails to operate.
12. Start a race without a contestant if, in the opinion of the starter, a contestant is deliberately delaying the start of the race.

B. Duties during an event
1. In case the starting signal is not properly given, all contestants shall be recalled by the starter firing a pistol shot, blowing a whistle, or activating some other sounding device. No false start shall be charged.
2. When the starting signal is properly given and any contestant(s)

shall have obtained an unfair advantage at the start, all contestants shall be recalled by the starter firing a pistol shot, blowing a whistle or activating some other starting device. The starter shall indicate the contestant(s) who shall be charged with a false start.

3. In individual freestyle events longer than 200 yards (500, 1000 and 1650 yards), discharge a pistol when the leading swimmer has 2 lengths plus 5 yards to swim **(at the backstroke flags).**

SECTION 5. The Recorder

A. Record the progress of the meet on the official scoresheet and keep a cumulative score. The recorder shall be provided with worksheets for each event and a master scoresheet for the meet by the meet director. Worksheets shall contain an accurate listing of all contestants and their team affiliations.

1. After each race, as the written reports from the place judge, timers, and any disqualifications from the referee are received, enter the results on the worksheets.
2. Compile the ballot and note the placing of the contestants and award points in accordance with the official rules.
   a. Ballot System
      (1) The combined duties of the lane place judge and the lane timers shall be to determine placement and official times of the swimmers. Two lane-place judges and 3 timers shall be assigned to each lane.
      (2) The chief judge shall be responsible for delivery of the lane place judge's cards to the scoring table where the scorers record the appropriate ballot value, including the ballots of disqualified swimmers, on the basis of 1 for first place selection, 2 for second, 3 for third, 4 for fourth, 5 for fifth, 6 for sixth, 7 for seventh, 8 for eighth. There are 2 sets of Lane Place Judges and thus 2 ballots per lane for place.
      (3) The chief timer shall be responsible for delivery of all the official times (including the time of disqualified swimmers) to the scorers who shall list them in numerical order beginning with the fastest official time. This is for the purpose of assigning ballot values to each lane time. The fastest lane receives a ballot value of 1, the next fastest a value of 2, etc. For identical times, equal ballot values are recorded with the same progressive numerical

assignment, i.e., swimmers A, B, C, record identical time of 58.47 while swimmer D records time of 59.05. Swimmers A, B, C receive ballot values of 1 and swimmer D a value of 2. Should swimmers E and F (same race) have identical times of 60.00, they would each be assigned ballot values of 3. Continue to assign ballot values in this manner.

(4) The recorder shall then eliminate disqualified swimmers and determine the order of finish of all swimmers in any heat or final event by adding the numerical value of the 3 ballots for each lane. The lane (swimmer) having the lowest numerical total shall be declared the winner, the second lowest shall be second, etc. If these totals result in a tie for any place in a final race, no further attempt shall be made to resolve the tie.

(5) In preliminary heats, in no case may a swimmer with a faster time displace another who placed ahead of her within a heat, according to the ballot system. If this situation results in disputed qualifications, the swimmers tied with or within the disputed times shall swim off the event within 45 minutes after the last heat of any event in which any one of the swimmers is competing in that session. The official time for the qualifier shall be the time set in the original preliminary heat (not a swim-off time).

b. Modified Ballot System
When 2 across-the-pool place judges are used instead of lane place judges:
(1) value will be assigned to each time and place decision as prescribed under the ballot system.
(2) if any 2 of the 3 ballots for a contestant agree, that shall be the official place for that contestant.
(3) if all 3 ballots disagree, the Referee or designee will evaluate all information and then determine the order of finish.

c. Automatic Officiating Equipment—In any meet in which electronic equipment is used, the following practices and procedures shall apply.
(1) *Automatic*—Timing started by a gun or horn and

stopped by touch pads. Time and place results are acceptable for all purposes. Split times shall be recorded to hundredths of a second (two decimal places, dropping the thousandths, not rounding up). They shall be official for all purposes, including records and qualifying times, provided the swimmer completes the full scheduled distance of the event.

(2) *Semi-automatic*—Timing started by a gun, horn, or one button for all lanes and stopped by buttons on the lanes.
   (a) The results provided are acceptable only at the distance for that race and are acceptable for records.
   (b) If a device has a common start for all lanes and is stopped manually by three officials per lane and provides a single time/judging result, the official time/judge result shall be:
      1. the intermediate of three different impulses;
      2. the time of the identical impulse when 2 impulses agree; *or*,
      3. the average of two impulses (when only two buttons were activated).

Note: When automatic or semi-automatic equipment is used, times shall be reported to two decimals only (hundredths of a second). Digits representing thousandths will be dropped with no rounding off. Identical hundredth times shall remain as ties (even within a heat) with a draw for lane assignment or swim-offs if required.

(3) *Equipment Positioning*—All electronic equipment should be placed so that the electronic equipment operators have an unobstructed view of the starting end of the pool.

(4) When completely automatic officiating equipment or three button manual-electronic system is used as the primary timing system in any competition, the placing of the swimmers shall be by integration of official times. The decision of human judges shall not be used for placement within a heat where all lanes have primary times.

When the primary system is completely automatic equipment, it is required that a secondary system using

either manual-electronic or manual watch timing be used. It is required that the secondary system have a minimum of one timer per lane and two additional timers for first place. It is recommended that three timers per lane be used. If this secondary system is manual-electronic equipment, it is required that a backup (a third system) of one manual watch timer per lane and two additional manual watch timers on first place and 2 across-the-pool place judges be used.

When the primary timing system is manual-electronic equipment it is required that a secondary system of one manual watch timer per lane and two additional manual watch timers on first place be used.

Note: An individual timer shall not simultaneously operate two devices, i.e., two buttons or one button and one manual watch.

Comparison and Ranking Procedure—Primary

When the automatic or manual-electronic equipment provides complete information in a given race (preliminary heat or finals), the results are classified primary and official. The official time for all swimmers having a primary time will be that time. The official ranking of the heat and event is obtained by comparison and ranking of all official times. If the times are identical to 1/100th second, the result shall be declared a tie (even within the same heat), with swim-offs when needed to determine qualifiers for consolation final and/or final events.

(5) Figuring System Errors
   (a) Comparison and ranking for lanes in which a primary time is missing or incorrect for one or more lanes and secondary times are available.
      1. Secondary results should be recorded and compared with primary results on every race. If there is less than 0.3 seconds difference (faster or slower) between primary and secondary times, it should be accepted that the primary times and places are correct. If no primary time exists, or if there is a difference of 0.3 seconds or more, the adjusted official time shall be used and integrated.

2. When there is no primary time, other information should be checked and evaluated:
   - the times of all 3 watches when 3 watches per lane are used as backup.
   - the manual watch backup time when there is a manual-electronic secondary.
   - a visual check by automatic equipment operators.
   - the placement of across-the pool judges.
3. When there is no primary time for a specific lane, the secondary time is used unless there is a "system timing error" in the secondary. This does not indicate an inaccurate time in a single lane, but a fairly consistent deviation from the primary times due to the different quality of the start and stop actions. To use such backup times without correction would result in inaccurate official times.
4. To determine if a system timing error exists, compare all valid primary and secondary times. If the secondary times differ from the primary times a system timing error in the secondary system is confirmed.

Example 1. Primary time differs from secondary by 0.3 seconds.

Lane	Primary	Middle	Difference
1	52.21	52.12	.09
2	52.18	52.01	.17
3	51.05	51.00	.05
4	51.04	50.88	.16
5	51.86	51.35	—
6	51.65	51.57	.08
7	52.27	52.13	.14
8	51.87	51.75	.12

$$\text{Secondary System Error} = \frac{.09 + .17 + .05 + .16 + .08 + .14 + .12}{7}$$

$$= .1157 = .11$$

Official Time (Lane 5) = 51.35 + .11 = 51.46

Example 2. Primary time missing in one or more lanes and no secondary times available.

Lane	Primary	Watch	Difference
1	26.45	26.3	+.15
2	26.91	26.8	+.11
3	25.99	26.0	−.01
4	25.43	25.3	+.13
5	no time	26.2	—
6	26.83	26.7	+.13

$$\text{System Error} = \frac{.15 + .11 + (-.01) + .13 + .13}{5}$$

$$= .102 = .10$$

Official Time (Lane 5) = 26.2 + .10 = 26.3

Example 3. Primary times missing for one heat, secondary times available for all heats.

Heat 1

Lane	Primary	Secondary	Difference
1	28.90	28.78	.12
2	28.73	28.52	.21
3	27.92	27.84	.08
4	27.98	27.87	.09
5	28.17	28.10	.07
6	28.56	28.34	.22

$$\text{Secondary System Error} = \frac{.12 + .21 + .08 + .09 + .07 + .22}{6}$$

$$= .1483 = .14$$

Heat 2

Secondary System Error = .12

Heat 3

Secondary System Error = .17

Average Heat

$$\text{Secondary System Error} = \frac{.14 + .12 + .17}{3}$$

$$= .1433 = .14$$

Heat 4

Lane	Primary	Secondary	Official
Time			
1	—	27.16 + .14	27.30
2	—	27.01 + .14	27.15
3	—	26.93 + .14	27.07
4	—	26.99 + .14	27.13
5	—	27.94 + .14	28.08
6	—	28.03 + .14	28.17

Example 4. Full heat failure in primary and secondary system. Simultaneous primary and secondary systems failure in one or more heats.

a. A system timing error should be calculated between the primary system and the watch times for the heats in which there are primary times.

Lane	Primary	Watch	Difference
1	32.21	32.2	+.01
2	32.18	32.1	+.08
3	31.06	31.0	+.06
4	31.04	30.9	+.14
5	31.86	32.0	−.14
6	31.65	31.4	+.25

$$\text{Tertiary System Error} = \frac{.01 + .08 + .05 + .14. + (-).14 + .25}{6}$$

$$= 0.66 = .06$$

b. If there are primary times for more than one heat, systems error should be figured for each heat and the system errors for the heats averaged. The average is used to adjust the watch times for any heat in which there are only watches.

3. Determine the official order of finish for each event.
4. As the final results of each event are determined, prepare a statement for the announcer. This statement shall include the name of the winner of each place, the team affiliation, winning time or diving score for the event, point(s) awarded and the total number of points won by each team in the event.

5. Enter the place and official time of each contestant on the scoresheet and award appropriate points.
6. Determine if a record has been established.
7. The duties of the recorder during the diving events are fully described in the official rules (Rule 3, Sect. 7G and Sect. 8.)
8. Assist the diving referee in auditing the diving scoresheet at the conclusion of the event.
9. Check that no contestant has swum in more events than are allowed.
10. At the end of the meet, assist the referee in checking the worksheets and master scoresheet. Sign the master scoresheet.

SECTION 6. Stroke and Turn Judge

The stroke and turn judges are responsible, with the referee, for noting infractions of the rules during the swimming events. They should take their position as assigned by the referee.

The judges for strokes and/or turns shall perform the following duties within the limits assigned by the swimming referee:

A. Report in writing to the swimming referee any violation of Rule 2, Sections 2 and 3.
B. At the start of the race, take a position about one-quarter of the way down the side of the pool to check violations following the start. This applies particularly to races involving the breaststroke and butterfly stroke.
C. Move down the pool with the swimmers to observe stroke legality.
D. Approach the end of the pool before the leading swimmer comes in for the turn to determine that all regulations regarding turns are observed.
E. Return to the finish line to check all swimmers for conformity to rules regarding the touch at the finish and adherence to the form of the stroke until the touch is made.
F. During relay races, take a position so that any illegal starts after the original start can be seen.
G. When an infraction occurs, immediately raise your hand(s) overhead using fingers to indicate the lane number in which the violation occurred.
H. Keep a written record of rules violation in the lanes, the turns and the finishes, listing the lane number, lap number (in relays) and the

violations in accord with Rule 2. Immediately after the finish of each race, give the written report to the referee.

Note: Although the referee assists, whenever possible, in noting infractions of the rules, the task confronting the stroke and turn judges cannot be managed with top efficiency by 1 person. There should be a judge for each lane if possible. When using only 2 stroke and turn judges, each judge shall be responsible for one-half of the pool.

SECTION 7. Relay Take-off Judges

A. For all relays there must be take-off judges assigned to one or more lanes for the purpose of judging whether the second, third and fourth swimmers are still in contact with the starting mark when the preceding teammate touches the end of the pool. Judges shall be stationed adjacent to the starting blocks and/or at the sides of the pool in such a position to simultaneously see the incoming swimmer's hand(s) touch, and the next swimmer's feet leave the block.
B. Dual confirmation is required for disqualification, i.e., two side judges, a lane judge and side judge, or a side judge and automatic equipment.
C. The judges shall immediately complete written reports, making note of the swimmer's lane and order on the relay. These written reports will be compared to see if dual confirmation exists.
D. When automatic judging equipment is used, at least one additional judge will be placed at the side of the pool in a position to see all relay exchanges.
E. When only two officials are available, they will be stationed on each side of the pool during relay exchanges.

SECTION 8. Announcer

The announcer shall be provided by the meet director with worksheets for each event. Worksheets shall contain an accurate listing of all contestants and their team affiliations.

A. Before each swimming event, announce the event, the heat and the name and team affiliations of each swimmer in each lane.
B. As the contestants are assembling for one event, announce the next event as a warning to the next swimmers to be "on deck."

C. Promptly after the finish of each preliminary heat, and following the final heat of each event, announce the results.
D. During the diving events, give the following before each dive:
   1. Name of the contestant
   2. Name of the dive
   3. Position of the dive
   4. Degree of difficulty
   5. Forward standing takeoff, if this position is to be used
E. On the completion of the dive, announce the points awarded by each judge in the same consecutive order for each dive.
F. Announce the final scores at the completion of the diving competition.
G. Make any other announcements requested by the referee or meet director.

Note: A good announcer can make the meet interesting and thus popularize the sport by establishing close audience contact through good voice, clear enunciation and enthusiasm.

SECTION 9. Timer

A. Timers shall not serve as finish judges in the same race.
B. Timers should be assigned to each working lane.
C. Each timer should be provided with a synchronized stopwatch or a digital timer.
D. One of the timers of each lane shall be appointed head lane timer by the referee and shall fulfill the following duties:
   1. Determine that the proper swimmer is in the lane.
   2. Determine and record all watch times.
   3. Determine the official watch time for that lane following Rule 9, Sect. 9G7.
   4. Be sure all timers in that lane are reading their watches properly.
E. A chief timer may be appointed by the referee for championship meets to coordinate the duties of the timers.
F. At the conclusion of each heat or final event, report to the recorder the event, heat number, lane number of the swimmer, the swimmer's name and the time. When watches are used, record each of the times, with the official time recorded separately in a space provided.

G. All timers shall follow these procedures:
   1. Report 30 minutes before the meet is scheduled to begin.
   2. Obtain time cards, pencil and list of heats or program from the meet director.
   3. Check the accuracy of the watch with the head timer in the assigned lane.
   4. Take a position directly behind the assigned lane at the designated area.
   5. Keep eyes on the starter during the start. Make no anticipatory arm or body movements in the process of starting or stopping the watch. Start the watch on the flash of the gun or sound of other starting device. Use only finger pressure on the watch stem at the actual start and finish of the race.
   6. After the race has been started, step forward and lean over to observe the touch at the finish. Stop the watch the instant the contestant being timed finishes the race (Rule 2, Sect. 5C). Do not bend down as this obstructs the view of the judges at that side.
   7. When reading the watch, hold it so the hand of the watch is in a position of 12 o'clock.
      a. When the hand is touching a mark but is not exactly centered on a mark:
         (1) If it is toward the previous mark, the reading shall be that of the mark it is touching.
         (2) If it is still touching but is toward the following mark, the reading shall be that of the following mark.
      b. If it is in the space between 2 marks, the reading shall be that of the following mark.
      c. If all manual times are by use of digital hand-held timers, the times shall be recorded by hundredths.
      d. Unless all manual times are by use of digital hand-held timers, the times shall be recorded by tenths with any time reading in hundredths being recorded to the next slower tenth.
      e. The official time, when 3 watches record different times, is the time of the middle watch. If 2 watches record the same time, that time is official. If only 2 watches operate and no alternate timer has been assigned, the official time is the average of the 2 times rounded to the next slower tenth.

      f. Show the watch to the assigned head timer for checking the accuracy of the reading of the watch.
      g. Do not click watch back until so directed by the starter as there may be a discrepancy or a record may have been set.
      h. Do not take split times unless this is an assigned duty. Do not tell your time to the swimmer or anyone until your watch has been read and checked.
   8. When completely automatic judging and timing equipment is operative for a race, its computation is official.
   9. A backup system of timing and judging is required for championship meets and recommended for other meets. It shall be operative for all races but shall be used only for lanes in which there is no primary time, or the difference between primary and secondary times is greater than 0.3 seconds, and shall be compared to backup times and places for all lanes in that heat to determine the order of finish for contestants in the lanes. The relative order of finish for contestants in lanes in which the equipment functions properly shall not be changed during the comparison of backup times. Ballot computation shall be operative as a backup system in championship meets.

SECTION 10. Lane Judges

The lane judges shall determine the order in which the contestants finish. They shall not serve as timers in the same race.

The lane judges shall be assigned as follows:

A. Take positions on each side of the pool in line with the finish. Judges must have an unobstructed view of the course and the finish line.
B. Watch the finish line from the time the leading swimmer enters the last lap of the race. Judges should not follow swimmers to the finish, but should watch the wall for the finish.
C. In dual meets 2 judges (usually the starter and referee), 1 on either side of the finish line, shall give in writing to the recorder the finish order by lanes, i.e., 3–4–2–5–1–6.
D. In championship meets when automatic timing equipment is not in use, there shall be 2 lane finish judges per lane situated 1 on either side of the pool at the finish line, assigned to record the place of finish of the swimmer in an assigned lane.

1. The swimmer shall be given the highest place she could have scored.
2. No ties shall be recorded.

E. At the conclusion of each race, give a written report of the choice of finish to the recorder. Report shall include place, event, heat number, lane number and the swimmer's name and be signed or initialed by the judge.

SECTION 11. Diving Officials

For the duties of the diving officials (referee, judges, announcer and table officials) please refer to Rule 3, Sections 7 and 8.

Rule 10. Records

SECTION 1. Regulations Regarding NAGWS Records

A. Intercollegiate
Records may be set only in competition at the NAIA National Championships.

B. Interscholastic
Records may be set only in sectional or state championships.

C. General Regulations
1. Competition in which NAGWS records may be set must be conducted under NAGWS Swimming Rules.
2. The first swimmer in a relay may set a record for the distance of the lap providing there be a gun or electronic start and times be recorded by:
   a. An automatic timing device which can display split times, or
   b. Three (3) times from devices separate from the 3 timing devices assigned to the lane. (Watch split-times shall not be acceptable).
3. In an individual event, a record may be set at an intermediate distance if timed officially *from* an official start.
4. No records will be recognized when achieved in events closed to one college or school in a special time trials.
5. Altitude adjustments shall be used only for achieving national qualifying standards, not for records.

SECTION 2. Application for NAGWS Interscholastic and Intercollegiate Records

A. Application shall be made on the form in the current *NAGWS Competitive Swimming and Diving Guide*, or a facsimile of the form, and be submitted within 2 weeks of the event in which said record was set to the Chair of the NAGWS Swimming and Diving Rules Committee.

B. The application shall contain the following:
1. Date of application
2. Full name of contestant
3. Nature of record
4. Name of school or college contestant represents
5. Location of school or college
6. Official time
7. Nature of timing devices (stopwatches, semi-automatic devices, completely automatic equipment)
8. Distance and name of event
9. Name and address of pool
10. Date performance was achieved
11. Actual measurement of the pool
12. Signature of the referee, starter, 2 finish judges, and the 3 timers if stopwatches and/or semi-automatic judging and timing devices were used.
13. Signature of the referee, starter, and time reader only if a fully automatic judging and timing device was used.

C. An engineer or surveyor's certificate attesting measurement of the pool (indication of feet, inches and fractions of an inch) shall accompany the application or be on file with the NAGWS Competitive Swimming and Diving Rules Chair.

SECTION 3. Events

A. Intercollegiate Records
Short course records only shall be recognized. Pools shall be at least 25 yards in length but not more than 25 meters in length. The following events shall be recognized:

50 Freestyle	50 Butterfly
100 Freestyle	100 Butterfly
200 Freestyle	200 Butterfly
500-Y (400m) Freestyle	100 Individual Medley

1650-Y (1500m) Freestyle	200 Individual Medley
50 Backstroke	400 Individual Medley
100 Backstroke	200 Medley Relay
200 Backstroke	400 Medley Relay
50 Breaststroke	200 Free Relay
100 Breaststroke	400 Free Relay
200 Breaststroke	800 Free Relay

B. Interscholastic Records

Short course records shall be made in pools not less than 25 yards in length but less than 25 meters in length.

2. Records shall be recognized for the short course in the following events:

50-Yard Freestyle	100-Yard Butterfly
100-Yard Freestyle	200-Yard Individual Medley
200-Yard Freestyle	200-Yard Medley Relay
500-Yard Freestyle	400-Yard Freestyle Relay
100-Yard Backstroke	
100-Yard Breaststroke	

RULE INTERPRETATIONS

Inquiries on interpretations of rules should be addressed to:

BETTY WOODS
16 Skyline Dr.
Lakewood, CO 80215
303-233-5997 Home
303-232-9191 Office

Please indicate the number of the rule and the section to which the inquiry refers.

Officiating

Techniques for Officiating Swimming and Diving

The following section has been designed to aid both the Meet Director and the officials in providing for a smoothly run and well-officiated swimming and diving meet.

These procedures must be followed at all meets where NAGWS Swimming and Diving Rules are used.

SECTION 1. General Procedure

A. When requested to officiate, verify or request the following:
   1. Date, time, and location of the meet
   2. Name and phone number of the meet director
   3. Number of officials who will be working
   4. Type of meet and number of teams entered
   5. Copy of all information sent to participating schools

B. On the day of the meet:
   1. Arrive at least 30 minutes before the meet is to start or before the coaches' session is to be held.
   2. Check any last-minute changes or details that need clarification.
   3. Introduce yourself to the coaches.

SECTION 2. Uniform and Equipment

A. Uniform

NAGWS rated swimming officials must wear the official blue and white striped shirt with white or navy blue shorts, slacks or skirt. A navy blue blazer may complete the uniform.

B. Equipment

Provided by the official:
   1. *NAGWS Competitive Swimming and Diving Guide*
   2. Clipboard and pencil
   3. Whistle

Provided by the meet director:
   1. Pistol and blank cartridges
   2. Timing equipment
   3. Forms for the referee, for the timekeepers and lane judges, and for the stroke judge(s), to be used for assigning swimmers and divers to places and recording the results of each heat of each event.
   4. Worksheets for each event and a master scoresheet
   5. Diving flash cards
   6. Large scoreboard
   7. Numbers for drawing for lanes and diving order
   8. Public address system or megaphone
   9. Rope for recall
   10. Backstroke flags
   11. Visual counters for individual freestyle events longer than 200 yards
   12. Starting blocks that meet rule specifications
   13. Racing lane lines that are firmly anchored at each end
   14. A competent operator for automatic or semi-automatic timing devices if these are used
   15. Scoring tables
   16. Chairs for timers
   17. Award stand for championship meets

SECTION 3. Duties of the Meet Director

A. Establish the date, time and location of the meet.

B. Prepare an announcement for participating schools and include the following information:
   1. Indicate that NAGWS rules will be used and clearly specify any exceptions that will be made.
   2. Indicate the location and length of the pool, the number of lanes, the height of the diving board(s), and the water depth under the board(s).
   3. List the official order of events and the distances for each event.
   4. Publish qualifying times, if this procedure is used.
   5. For group meets, enclose master entry sheets and indicate the deadline date and time that entries must be postmarked and address for returning entries.

C. For large meets seed the entries with the referee and prepare heat sheets for officials, coaches, swimmers and spectators.

D. Be sure that all equipment necessary to conduct the meet is available and in proper working order.

E. For large meets, supply paper, duplicating equipment and clerical help to reproduce results. A copy of the results should be available to the coaches within 1 hour after the completion of each session.

F. Secure a sufficient number of qualified officials to conduct the meet.

G. Send the referee all of the pre-meet information that is sent to the coaches.

H. Provide scratch boxes for championship meets.

I. Provide rooms for coaches' and officials' meetings prior to and during the meet.

J. Order awards.
K. Prepare the facility to be used.

Note: A photographer, duplicating equipment for quick distribution of final results, an American flag and a recording of our National Anthem may also be on hand for swimming meets.

Competitive Swimming and Diving Study Questions

Revised by the ABO Swimming Examinations and Ratings Committee

Circle the *one* best answer (A, B, C, or D) to each question. Assume that no conditions exist other than those stated in the questions. Answers and rule references to the questions follow.

1. What is the *correct* procedure if the host school fails to provide backstroke flags for a dual meet?
   A. The backstroke events can be held at the referee's discretion.
   B. The backstroke events can not be swum.
   C. The host school will be disqualified from any event in which the backstroke is swum.
   D. All events are conducted as scheduled with no disqualifications.
2. What is the *correct* procedure when the water depth under the 3 meter board is only 12 feet?
   A. Failure to reach prior mutual consent results in the elimination of the event.
   B. The event can not be held.
   C. The event can be held at the referee's discretion.
   D. The event is held as scheduled.
3. What is the *correct* procedure if the fulcrum can not be adjusted through its entire range of motion and prior mutual consent has not been reached covering the diving event?
   A. The diving event is eliminated, no points are awarded, and a 15-minute intermission will be substituted for the event.
   B. Both teams split the points.
   C. The home team is disqualified from the event involved.
   D. Diving is postponed to another date.
4. In a dual intercollegiate meet what is the decision of the referee when on a backstroke start the swimmer in Lane 2 lifts one foot out of the water?
   A. No penalty.
   B. Charges swimmer in Lane 2 with a false start and disqualifies the swimmer.

C. Warns swimmer in Lane 2.
D. Charges a false start on the field.

5. Which of the following will disqualify a swimmer in the 100-yard breaststroke?
   A. After making a turn, a swimmer forcefully flexes the knees after the underwater arm pull.
   B. After making a turn, a swimmer flexes and forcefully extends the knees after the underwater arm pull.
   C. After making a turn, the movement of the hips causes the swimmer's heels to break the surface of the water after the underwater arm pull.
   D. All of the above.
6. Which is *illegal* in the butterfly?
   A. Three kicks and one arm pull underwater after a turn.
   B. Two arm pulls and two kicks underwater after a turn.
   C. A simultaneous dolphin kick with one foot slightly over the other.
   D. Touching the end of the pool below the water surface when beginning a turn.
7. A backstroke swimmer can be disqualified for:
   A. Hips turning beyond the vertical before the hand touches the wall on a turn.
   B. Changing from back crawl to elementary backstroke in the middle of the second length.
   C. Swimmer's hand passes through the vertical plane at the finish end of the pool and she stands up before any part of her body touches the end of the pool.
   D. Swimmer's hand gets tangled in the lane line and pulls on it.
8. How many entries from one team are allowed in each individual event during a dual meet conducted at an 8-lane pool?
   A. Two.
   B. Three.
   C. Four.
   D. Determined by previous agreement of the coaches.
9. A swimmer is found to be entered in one too many events. Which is the *correct* procedure?
   A. Swimmer is disqualified from all her events.
   B. Swimmer will automatically be disqualified from the excessive events in which she was entered. The events will be considered in their numerical order.
   C. Swimmer will automatically be disqualified from the excessive events in which she was entered. The events will be considered in the order in which she swims.
   D. Referee should withdraw the swimmer from one of the events in which she is entered prior to the start of the meet.
10. What is the *correct* procedure when the coach submits a swimmer's first initial and last name on an official entry card?
    A. No penalty.
    B. Referee asks the coach for the swimmer's full name.
    C. Clerk of course asks the coach for the swimmer's full name.
    D. The swimmer is disqualified.
11. How are lane assignments made in a triangular meet?
    A. By previous agreement of the coaches.
    B. By seed times.
    C. By lot with teams swimming in Lanes 1 and 4, 2 and 5, or 3 and 6.
    D. By lot with teams swimming in Lanes 1 and 2, 3 and 4, or 5 and 6.
12. A swimmer participating in a championship meet fails to compete in a swim-off in order to conserve her energy in preparation for her next event in which she anticipates placing well. What is the procedure?
    A. Swimmer is disqualified from her next scheduled individual event.
    B. Swimmer is disqualified from her next event.
    C. Swimmer is disqualified from all her remaining events.
    D. No penalty; swimmer does not have to compete in a swim-off.
13. In determining the order of finish for the consolations and finals in an 8-lane pool for the 50-yard freestyle in a championship meet, it is discovered that the first place finisher in the consolations has a faster time than the 8th place finisher in the finals. What is the procedure?
    A. The two swimmers must have a swim-off.
    B. The two swimmers are considered as having tied.
    C. First-place finisher in consolations remains placing 9th in event.
    D. First-place finisher in consolations becomes 8th place finisher.
14. In an intercollegiate dual meet in a 6-lane pool, how are points awarded for an individual event?
    A. Points are awarded according to the finish.
    B. The 3 fastest swimmers from the same team may score.
    C. The 2 fastest swimmers from the same team may score.
    D. A team may score no more than 6 points per event.

15. In an intercollegiate dual meet during an individual event, Team A and Team B tie for 1st place. Team A also places 2nd and 3rd, while Team B also places 4th and 5th. What is the scoring for the event?
    A. Team A 13 Team B 9
    B. Team A 8 Team B 7
    C. Team A 6 Team B 5
    D. Team A 5 Team B 4
16. What is the scoring procedure if a swimmer is disqualified while competing in the finals?
    A. The disqualified swimmer receives points for being last in the finals.
    B. The first place finisher in the consolation finals receives the points from last place in the finals.
    C. The last place points in the finals are distributed among the other finalists.
    D. The last place points in the finals are lost from the meet.
17. At a championship meet, a swimmer submits an entry time that is challenged by another team. The swimmer cannot verify the time required to meet qualifying standards for the meet. What is the *correct* procedure?
    A. The swimmer is disqualified from the event.
    B. The swimmer is disqualified from the meet.
    C. The swimmer is seeded last in the event.
    D. The swimmer is seeded with no time.
18. Whose responsibility is it to compile the ballot and determine the official order of finish for each event of the meet?
    A. Finish Judge.
    B. Chief Timer.
    C. Referee.
    D. Recorder.
19. What is the *correct* ballot score for a swimmer who is tied for third place time and receives a second and third place judge's rating?
    A. 5½.
    B. 7.
    C. 8.
    D. 8½.
20. What is the *correct* procedure if the third swimmer on a relay leaves the starting block before the second swimmer touches the end wall?
    A. A lane judge raises a hand overhead immediately after the infraction occurs.
    B. The referee raises a hand overhead immediately after the infraction occurs.
    C. A lane and side judge raise a hand overhead immediately after the infraction occurs.
    D. A lane judge makes note of the infraction in writing.
21. How many divers qualify for the finals in an intercollegiate championship meet in which there are awards through 12 places?
    A. 12.
    B. 16.
    C. 24.
    D. 18.
22. What is the *correct* procedure if a diver discovers prior to executing a dive that it is listed out of order?
    A. The referee will allow the order of the listed dives to be corrected.
    B. The dive must be performed and judged as listed.
    C. The dive must be performed but will be considred a fail dive.
    D. The dive will not be performed and will be considered a fail dive.
23. What is the minimum score a diver can receive for an unsatisfactory dive in which a balk has been committed?
    A. −1.
    B. 0.
    C. ½.
    D. 2.
24. What is the score range for a dive which is considered "satisfactory"?
    A. 5 through 6 points.
    B. 5 through 6½ points.
    C. 4½ through 6 points.
    D. 4 through 5½ points.
25. What is the *correct* procedure when there are two diving judges?
    A. Two judges are not allowed.
    B. The final score is multiplied by 1.5.
    C. The final score is multiplied by .5 or 3/5.
    D. The final score is used as computated.

Answers and Rule References

Answer	*Rule Reference*
1. C	1:1, B 3
2. D	1:2, A 1
3. C	1:2, B 6 & 1:3, A
4. B	2:1, B & E 5, 6
5. B	2:2, A 5
6. B	2:2, B 2
7. D	2:6, F
8. C	4:2, A
9. C	4:3, B
10. D	4:4, A2, 3
11. C	5:1, B 2
12. A	6:2, I & 7:2, J
13. C	6:7 C & 7:7 C
14. C	8:1, A
15. D	8:1, A & B 8:6
16. D	8:4 A
17. A	9:3, B a (g)
18. D	9:5, A 2
19. C	9:5, A 2a
20. D	9:7 C
21. B	3:2, A 2a
22. A	3:4, B 5
23. B	3:7, D 2(d)(c)
24. A	3:7, E 2
25. B	3:8, B, F

Championship Results

1982-83 Championship Results

1982-83 NAIA Championships

Ouachita Baptist University, Arkadelphia, Arkansas

1st Place:	University of Wisconsin, Eau Claire (406)
2nd Place:	Pacific Lutheran University, Tacoma, Washington (387)
3rd Place:	Simon Fraser University, Burnaby, British Columbia (335)
4th Place:	Willamette University, Salem, Oregon (225)
5th Place:	Shepherd College, Shepherdstown, West Virginia (205)
6th Place:	University of Wisconsin, Green Bay (133)

NAIA Records

Freestyle				
50 meter	Celeste Robischon	Central Wash. Univ.	27.35	1982
50 yards	Michelle Langsford	Sch. of Ozarks	24.54	1983
100 meter	Suzanne Melody	Simon Fraser Univ.	59.26	1982
100 yards	Cynthia Gaudet	Simon Fraser Univ.	54.06	1983
200 meter	Suzanne Melody	Simon Fraser Univ.	2:08.30	1982
200 yards	Suzanne Melody	Simon Fraser Univ.	1:55.15	1983
400 meter	Judy Baker	Simon Fraser Univ.	4:22.79	1982
500 yards	Suzanne Melody	Simon Fraser Univ.	5:09.29	1983
1500 meter	Judy Baker	Simon Fraser Univ.	17:21.713	1981
1650 yards	Suzanne Melody	Simon Fraser Univ.	17:31.94	1983
Breaststroke				
100 meter	Michelle Langsford	Sch. of Ozarks	1:17.99	1982
100 yards	Michelle Langsford	Sch. of Ozarks	1:09.28	1983
200 meter	Judy Baker	Simon Fraser Univ.	2:44.45	1982
200 yards	Laura Jones	Simon Fraser Univ.	2:30.04	1983
Backstroke				
100 meter	Karen Workman	Shepherd College	1:11.70	1982
100 yards	Cynthia Gaudet	Simon Fraser Univ.	1:01.72	1983
200 meter	Suzanne Melody	Simon Fraser Univ.	2:31.70	1982
200 yards	Brenda Dahl	U. of Wisc., Eau Claire	2:13.14	1983
Butterfly				
100 meter	Suzanne Melody	Simon Fraser Univ.	1:06.02	1982
100 yards	Kerri Butcher	Pacific Lutheran Univ.	58.97	1983
200 meter	Judy Baker	Simon Fraser Univ.	2:16.86	1982
200 yards	Suzanne Melody	Simon Fraser Univ.	2:07.96	1983
Individual Medley				
100 meter	Michelle Langsford	Sch. of Ozarks	1:09.75	1982
100 yards	Michelle Langsford	Sch. of Ozarks	1:02.08	1983
200 meter	Jill Trotter	Simon Fraser Univ.	2:21.73	1982
200 yards	Elizabeth Green	Pacific Lutheran Univ.	2:12.14	1983
400 meter	Judy Baker	Simon Fraser Univ.	4:55.06	1982
Freestyle Relay				
200 meter	Peacock, Smith, Mechalchuk, Gaudet	Simon Fraser Univ.	1:51.86	1982
200 yard	Bosch, Soderman, Hefte, Butcher	Pacific Lutheran Univ.	1:40.85	1983
400 meter	Peacock, Mechalchuk, Gaudet, Baker	Simon Fraser Univ.	4:06.55	1982
400 yard	Bosch, Soderman, Olson, Hefte	Pacific Lutheran Univ.	3:40.13	1983
800 meter	Emerson, Peacock, Trotter, Melody	Simon Fraser Univ.	8:56:74	1982
800 yard	Bosch, Butcher, Soderman, Hefte	Pacific Lutheran Univ.	8:01.13	1983
Medley Relay				
200 meter	Hennessy, Mozingo, Brown, Fry	Shepherd College	2:08.07	1982
200 yard	Odell, Wilday Roth, Wheeler	Willamette Univ.	1:53.89	1983
400 meter	Olson, Trotter, Baker, Melody	Simon Fraser Univ.	4:36.64	1982
400 yard	Gaudet, Jones Nordstrand, Melody	Simon Fraser Univ.	4:07.52	1983

Diving				
1 meter	Kendra Langley	Simon Fraser Univ.	390.30	1981
1 meter	Colleen Hunsted	U. of Wisc., Eau Claire	385.90	1983
3 meter	Kendra Langley	Simon Fraser Univ.	416.80	1981

High School – Interscholastic Swimming Short Cou

†Short Course: Pools 25 yards but less than 25 meters

Freestyle				
50 yards	Kathy Wiezbicki	E. Longmeadow H.S. Longmeadow, MA	24.29	1
100 yards	Sue Kitchen	Durfee H.S. Fall River, MA	52.91	1
200 yards	Erin Greer	Edison H.S. Huntington Beach, CA	1:54.13	1
500 yards	Erin Greer	Edison H.S. Huntington Beach, CA	4:57.64	1
Backstroke				
100 yards	Tauna Vanderweghe	Palisades H.S. Pacific Palisades, CA	59.86	1
Breastroke				
100 yards	Donna Carter	Northampton H.S.	1:08.14	1
Butterfly				
100 yards	Meg Gerken	Los Altos H.S. Los Altos, CA	59:05.9	1
Individual Medley				
200 yards	Jody Ochab	Shaw Sheen Valley H.S. Shaw Sheen Valley, MA	2:12.70	1
Medley Relay				
200 yards	Johnson, Rendall Curry, Ott	Tustin H.S. Tustin, CA	1:55.1	1
Freestyle Relay				
400 yards	McCafferty, Erickson, Juuagrey, Dunlevy	Mission Viejo H.S. Mission Viejo, CA	3:40.79	1

APPLICATION FOR NAGWS SWIMMING RECORD

Mail within two weeks of the meet to:
Don Leas, Chairperson, NAGWS Swimming and Diving Rules Committee
Clarion University
Clarion, PA 16214

Date of Application _____

This application is for a__NAGWS Interscholastic Swimming Record
__NAGWS Intercollegiate Swimming Record swum in a short course pool.

Applicant _ _____ School or College _____
City and State _____
Event _____ Time achieved _____

Time was recorded by __completely automatic equipment
__three semi-automatic timing devices
— three stopwatches or combination of stopwatches and semi-automatic devices

Competition held at (Name of Pool) _____
Address of Pool _____
Actual measurement of pool (feet, inches, and fractions of an inch) _____
Engineer or surveyor's certification is __enclosed
__on file with NAGWS Swimming and Diving Guide Committee.

The undersigned officials hereby attest to the record-breaking performance of the applicant and certify that the meet was conducted under the current Official Rules for NAGWS Swimming Meets.

Signatures _____ Date of Meet _____
Referee _____ Starter _____
Finish Judge _____ Timer _____ Time _____
Finish Judge _____ Timer _____ Time _____
Timer _____ Time _____

This application must be accompanied by jeweler's certification of the date these watches were synchronized and an engineer or surveyor's certification of the pool length unless the latter is on file with the NAGWS Competitive Swimming and Diving Guide Committee.

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NAGWS Guides Publishing Schedule

	Publishing Date
Annually	
SOCCER GUIDE	**Apr.**
VOLLEYBALL GUIDE and RULES REPRINT	**June**
BASKETBALL GUIDE and RULES REPRINT	**July**
COMPETITIVE SWIMMING & DIVING GUIDE	**Aug.**
Biennially — Even Years	
SOCCER TIPS & TECHNIQUES	**Apr.**
TENNIS GUIDE	**May**
BADMINTON-SQUASH-RACQUETBALL GUIDE	**May**
GYMNASTICS GUIDE	**May**
ARCHERY-FENCING GUIDE	**May**
FLAG FOOTBALL-SPEEDBALL-SPEED-A-WAY GUIDE	**June**
FIELD HOCKEY GUIDE	**June**
SKIING RULES	**Sept.**
Biennially — Odd Years	
BOWLING-GOLF GUIDE	**Jan.**
LACROSSE GUIDE	**Jan.**
SOFTBALL GUIDE and RULES REPRINT	**Jan.**
TRACK & FIELD GUIDE	**Nov.**
Triennially	
RIDING STANDARDS (1981-84)	**Jan.**
ICE HOCKEY RULES	
Scorebooks	
BASKETBALL, FIELD HOCKEY, SOFTBALL, VOLLEYBALL	

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